

# Momentum

**Count:** 32

**Wall:** 4

**Level:** Intermediate east coast swing

**Choreographer:** Heather Frye (CAN)

**Music:** My Song - Glass Tiger



## SHUFFLE SIDE RIGHT, LEFT SAILOR STEP, RIGHT SAILOR STEP, ROCK - RECOVER

- 1&2 Step side right, close left to right, step side right  
3&4 Cross step left behind right (angle body slightly), step right to side, step left slightly forward to left side  
5&6 Cross step right behind left (angle body slightly), step left to side left, step right slightly forward to right side  
7-8 Rock step left behind right, recover weight forward onto right

## SHUFFLE SIDE LEFT, RIGHT SAILOR STEP, LEFT SAILOR STEP, ROCK - RECOVER ¼ RIGHT

- 1&2 Step side left, close right to left, step side left  
3&4 Cross step right behind left (angle body slightly), step left to side left, step right slightly forward to right side  
5&6 Cross step left behind right (angle body slightly), step right to side, step left slightly forward to left side  
7-8 Rock step right behind left, recover weight onto left foot making a ¼ turn right

## WIZARD STEPS RIGHT, LEFT, ROCK FORWARD RIGHT, RECOVER LEFT, TURN ½ RIGHT, STEP FORWARD LEFT

- 1-2& Step right forward slightly angled, lock left foot behind right, step forward onto right  
3-4& Step left forward slightly angled, lock right foot behind left, step forward onto left  
5-6 Rock forward onto right, recover weight onto left  
7-8 Turn ½ right stepping onto right foot, step forward onto left

## RIGHT KICK-BALL-CROSS, RIGHT SIDE ROCK, RECOVER LEFT, FULL TURN RIGHT, RIGHT KICK-BALL-CROSS

- 1&2 Kick right foot forward and slightly angled, rock back onto ball of right foot, cross step left over right  
3-4 Rock step side right, recover weight onto left (prep left foot for the turn)  
5-6 Turn ½ right stepping onto right foot, continue turn ½ right stepping onto left foot  
7&8 Kick right foot forward and slightly angled, rock back onto ball of right foot, cross step left over right

## REPEAT

## TAG

On walls 3 & 5 when dancing to My Song, or walls 2 & 5 when dancing to Living In Fast Forward

## MONTEREY FULL TURN RIGHT, LEFT SIDE MAMBO & CROSS

- 1-2 Touch right toes side right, close right to left and make a full turn right taking weight onto right  
If you don't like to turn simply touch side right, close right to left taking weight onto right  
3&4 Rock out side left, recover onto right, cross step left over right