

Care to Dance

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Natasha Ind – Aug 2016

Music: I'm in the Mood for Dancing by The Nolans

Section 1: Step, together, step, touch x2 (swaying as you go)

1-4: Step Right foot to right side, step left foot next to right foot, step right foot to right side, touch left toe next to right foot.

5-8: Step left foot to left side, step right foot next to left foot, step left foot to left side, touch right toe next to left foot.

Section2: Forward touch, Back Touch, Back Mambo, Back Mambo ¼ left.

9-12: Step Right foot forward, touch left toe next to right foot, step left foot back, touch right toe next to left foot.

13&14: Step Rock the right foot back, Recover weight onto the left foot, step right foot next to left.

15&16: Step rock back the left foot, recover weight onto the right foot, step left foot forward making a ¼ turn left.

Section 3: Rock step Coaster Step, Touches, Behind, Side, Cross

17, 18: Rock step forward onto the right foot, recover weight back onto the left foot

19&20: Step right foot back, step left foot next to the right foot, step the right foot forward.

21, 22: Touch left toe forward, left tot to left side

23&24: Step left foot behind right foot, step right foot to right side, step left across right foot.

Section 4: Side Rock, Behind, Side, Cross, Side Rock, Step, Touch.

25, 26,: Rock step right foot to right side, recover weight onto left foot

27&28: Step right foot behind left foot, step left foot to left side, step right foot across left foot.

29, 30: Rock step left foot to left side, recover weight onto the right foot

31, 32: step left foot to left side, touch right toe next to left side.

Start Again

****Ending: As the music fades you will be facing the back wall, do counts 21,22, then instead of Behind, side cross, finish with a ½ Sailor turn left, so you finish facing the front wall, and why not strike a pose!!**

21, 22: Touch left toe forward, to the side

23&24: Step left foot Cross right behind left and turn 1/4 left. Step right beside left. Turning left 8 Turn 1/4 left and cross left over right. (12:00).

Enjoy and Smile!

Thank you to Tracey and Teresa for the music suggestion after a shift in a care home together!

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