

MOOD SWING

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Count: 32

Wall: 4

Level: intermediate/advanced west coast swing

Choreographer: John Dembiec

Music: Bad Mood by Lonnie Gordon

KNEE TURN, ¼ TURN KICK, JAZZ, ¼ SWIVEL, FULL SPIRAL, SHUFFLE

- 1-2 Turn right knee inward, making ¼ turn right, kick right forward
- 3&4 Step right over left, step left back, step right to right
- 5 Swivel ¼ turn to right on both feet
- 6 With weight on right, turn a full turn to left with left crossed over right
- 7&8 Shuffle forward left, right, left

PRESS, FOOT FLICK, BACK LOCK, ¼ & ½ TURNS, BACK COASTER

- 1-2 Press right forward, recover to left with right foot flick forward
- 3&4 Step right back, step left over right, step right back
- 5 Making ¼ turn left on right foot, step left to left
- 6 Pivoting on left, make ½ turn left stepping back on right
- 7&8 Step left back, step right next to left, step left forward

STEP, ½ TURN, SHUFFLE, ROCK, ¼ TURN, STEP CROSS STEP

- 1-2 Step right forward, pivot ½ turn left onto left
- 3&4 Shuffle forward right, left, right
- 5-6 Rock left forward, replace to right making ¼ turn left
- 7&8 Step left to left, step right over left, step left to left

SAILOR, STEP, ¾ UNWIND, STEPS FORWARD AND BACK

- 1&2 Step right behind left, step left to left, step right next to left
- 3-4 Step left behind right, unwind ¾ turn to left
- 5-6 Step right diagonal forward right, step left diagonal forward left
- 7-8 Step right back, step left next to right

REPEAT