

Body Swing

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Count: 32 **Wall:** 2 **Level:** High Improver WCS

Choreographer: Shane McKeever (IRE), Roy Verdonk (NL) June 2019

Music: Mad Love - Mabel

Intro : 16 counts

S1: Forward R/L, Mambo R, Back L/R, Sailor L

1-2RF step forward , LF step forward

3&4RF rock forward, recover onto LF (&), RF step back

5-6LF step back, RF step back

7&8LF cross behind RF, RF step right (&), LF step left

S2: Cross, 1/4 Turn R, Back, Coaster R, Out/ Out/ In/ In, Point Forward L, Swivel, Together

1-2RF cross in front of LF, makes 1/4 turn right stepping LF back (03.00)

3&4RF step back, LF step together (&), RF step forward

5&LF step out on heel on diagonal left, RF step out on heel on right diagonal(&)

6& Lf step back to centre, RF step together(&)

7&LF touch toes forward, BF swivel heels left(&)

8&BF swivel heels back to centre , LF step together (&)

S3: Forward R/L, 1/8 Turn L, Ball/ Cross,1/8 Turn R, 1/2 Turn R With Sweep, Anchor Step

1-2RF step forward, LF step forward

&3-4make 1/8 turn left (01.30) stepping RF small step right (&), LF cross in front of RF, make 1/8 turn right stepping RF forward (03.00)

5-6make 1/2 turn right stepping LF back (09.00), RF sweep from front to back

7&8RF step slightly behind LF (3rd position), recover onto LF (&), recover onto RF

S4: Step/Point (2×), Cross, 1/4 Turn L, Back, Triple L

1-2LF step forward, RF point right

3-4RF step forward, LF point left

5-6LF cross in front of RF, make 1/4 turn left stepping RF back (06.00)

7&8LF step left, RF step together (&), LF step left

Last Update - 3 July 2019