

Easy-Going Mood

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Count: 40

Wall: 1

Level: Absolute Beginner

Choreographer: Helaine Norman - June 2020

Music: In the Mood by Glenn Miller

Intro: 14 seconds

Note: I choreographed this specifically for a new Absolute Beginner class I teach on Zoom with senior students who have never danced and can not see me when they turn to 6:00 PM

I. SHUFFLES X 2

1-4 Step L forward, step R together, step forward, touch R together

5-8 Step R forward, step L together, step R forward, touch L together

Options for 4 and 8: brush or hold

II. TOE STRUTS X4

1-4 Touch L back and drop L heel (with weight); touch R toe back and drop R heel (with weight)

5-8 Repeat 1-4

III. STEP TOUCHES, BASIC

1-4 Step L side, touch R together; step R side. Touch L together

5-8 Step L side, step R together, step L side, touch R together

Optional for 1-4: Sway L 2 counts, sway R 2 counts

IV. STEP TOUCHES, BASIC

1-4 Step R side, touch L together; step L side, touch R together

5-8 Step R side, step L together, step R side, touch L together

Optional for 1-4: Sway R 2 counts, sway L 2 counts

V. ¼ TURN JAZZ BOX

1-4 Step L over L, step R back

5-8 Step L side making ¼ turn right, step R together (3:00)

VI. ⅛ TURN MONTERAY STEPS

1-8 Make 4 steps (small) RLRL making $\frac{1}{4}$ turn right (12:00)

Options for 1-8:

1-4 Touch L side and step L together making $\frac{1}{8}$ turn left; touch R side and step R together making $\frac{1}{8}$ turn left.

5-8 Repeat 1-4

Repeat

Note: I chose to have no restarts since there could be many and it is an AB level.

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Last Update - 5 June 2020

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