

# From My Guy

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**Count:** 32

**Wall:** 4

**Level:** Beginner Plus

**Choreographer:** Lynda Summers (Canada) Oct 2013

**Music:** My Guy by Mary Wells

## **INTRO: 16 counts, start on vocals**

### **HEEL FWD, CLOSE, HEEL FWD, CLOSE**

1,2 Touch R heel forward, step R beside L.

3,4 Touch L heel forward, step L beside R.

### **TWO HEEL BOUNCES, SWIVELS HEELS (right, center)**

5,6 Bounce both heels twice.

7,8 Swivel both heels to the right, then back to center.

### **FOUR SWIVELS**

1 Turn 1/4 right (step R forward), while L heel swivels back. (3:00)

2 Turn 1/4 left (step L beside R), while R heel swivels to front. (12:00)

3-8 Repeat above steps 1,2 for 3 more times.

### **ROCK FWD, RECOVER, SHUFFLE (1/2 right)**

1,2 Rock step R forward, recover weight back onto L.

3&4 Shuffle (R-L-R) while turning 1/2 right. (6:00)

### **ROCK FWD, RECOVER, BACK, KICK**

5,6 Rock step L forward, recover weight back onto R.

7,8 Step L back, kick R forward.

### **BACK, KICK, BACK, KICK**

1,2 Step R back, kick L forward.

3,4 Step L back, kick R forward.

### **MONTEREY STEP (1/4 right)**

5,6 Touch R toe out to right side, turn 1/4 right (step R beside L). (9:00)

7,8 Touch L toe out to left side, step L beside R.

## **START DANCE AGAIN**

**TAG: At the end(3:00) of wall 7(6:00), do this 16 count Tag:**

**Vine right, brush, vine left, brush**

**1-4vine right (R,L,R), brush L beside R.**

**5-8vine left (L,R,L), brush R beside L. fwd, together, fwd, touch (all on right diagonal)**

**9,10step R forward, step L beside R.**

**11,12step R forward, touch L beside R & clap. fwd, together, fwd, touch (all on left diagonal)**

**13,14step L forward, step R beside L.**

**15,16step L forward, touch R beside L & clap. (styling: use Supremes arm motion)**

**ENDING Dance ends during wall 10(9:00)**

**Dance to count 26, but change the turn on the triple step( 19&20) from 1/2 right to 1/4 right to face the front wall.**

**Instead of doing the 3rd kick (27,28), on count 28, touch R toe to right side & pose.**

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