

# Mood For Dancing

LINEDANCE.COM

**Count:** 32                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** Kim Nolan (UK) 1st April 2013

**Music:** In The Mood For Dancing by The Nolans (iTunes etc.)

## Intro: Count 32

### S1: Walk x 2, Kick Ball Point, Walk x 2, Kick Ball Point

**1-3&4**      Walk fwd R, L, kick R fwd, step R in place, point L to L side

**5-7&8**      Walk fwd L, R, kick L fwd, step L in place, point R to R side

### S2: Forward Rock, R Diag Back Chasse, L Diag Back Chasse, Back Rock

**1-2R fwd Rock, recover weight to left**

**3 & 4(on R diagonal) step R back, step L to instep of R, step R back**

**5 & 6(on L diagonal) step L back, step R to instep of L, step L back**

**7-8**              Back R Rock, recover

### S3: (twist hips as you Sync Cont. Vine) Side, Cross, Side, Cross, Rock, Cross (repeat sequence to Left)

**&1&2&3&4** Step R to side, cross L behind R, step R to side, cross L over R, rock R to side, recover, cross R over L

**&5&6&7&8** Step L to side, cross R behind L, L to side, cross R over L, rock L to side, recover, cross L over R

### S4: R & L Sailor steps, Syncopated Rocks with ¼ Turn

**1 & 2**              Step R behind left, step L to side, step R next to left (sway arms R to L)

**3 & 4**              Step L behind right, step R to side, step L next to right (sway arms L to R)

**5&6**              Rock R over L, recover, rock R back, recover

**7&8&**              Turn ¼ R (3:00) rock R over L, recover, rock R back, recover

### (Repeat Routine)

**TAG: 1 x 16ct Tag near end of 3rd Wall, after ct 28 (L Sailor)**

**Left Sync Weave, Hold, Flick, L & R Sailor steps**

- 1&2,34** Cross R behind left, step L to side, cross R in front of L, hold, flick L front L diag
- 5 & 6** Step L behind right, step R to side, step L next to right(sway arms L to R)
- 7 & 8** Step R behind left, step L to side, step R next to left (sway arms R to L)

### **Right Sync Weave, Hold, Flick, R & L Sailors**

- 1&2,34** Cross L behind R, step R to side, cross L in front of R, hold, flick R front R diag.
- 5 & 6** Step R behind left, step L to side, step R next to left (sway arms R to L)
- 7 & 8** Step L behind right, step R to side, step L next to right(sway arms L to R)

**(start routine again)**

**1 Restart at 2m 30s (Wall 6 after count 28)**

**Copyright Kim Nolan, - England, UK 1st April 2013**

**Contact - Email: [thekimbodukers@hotmail.co.uk](mailto:thekimbodukers@hotmail.co.uk)**