

# MOMENTUM

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**Count:** 32

**Wall:** 4

**Level:** intermediate east coast swing

**Choreographer:** Heather Frye

**Music:** My Song by Glass Tiger

## SHUFFLE SIDE RIGHT, LEFT SAILOR STEP, RIGHT SAILOR STEP, ROCK - RECOVER

- 1&2** Step side right, close left to right, step side right
- 3&4** Cross step left behind right (angle body slightly), step right to side, step left slightly forward to left side
- 5&6** Cross step right behind left (angle body slightly), step left to side left, step right slightly forward to right side
- 7-8** Rock step left behind right, recover weight forward onto right

## SHUFFLE SIDE LEFT, RIGHT SAILOR STEP, LEFT SAILOR STEP, ROCK - RECOVER ¼ RIGHT

- 1&2** Step side left, close right to left, step side left
- 3&4** Cross step right behind left (angle body slightly), step left to side left, step right slightly forward to right side
- 5&6** Cross step left behind right (angle body slightly), step right to side, step left slightly forward to left side
- 7-8** Rock step right behind left, recover weight onto left foot making a ¼ turn right

## WIZARD STEPS RIGHT, LEFT, ROCK FORWARD RIGHT, RECOVER LEFT, TURN ½ RIGHT, STEP FORWARD LEFT

- 1-2&** Step right forward slightly angled, lock left foot behind right, step forward onto right
- 3-4&** Step left forward slightly angled, lock right foot behind left, step forward onto left
- 5-6** Rock forward onto right, recover weight onto left
- 7-8** Turn ½ right stepping onto right foot, step forward onto left

## RIGHT KICK-BALL-CROSS, RIGHT SIDE ROCK, RECOVER LEFT, FULL TURN RIGHT, RIGHT KICK-BALL-CROSS

- 1&2** Kick right foot forward and slightly angled, rock back onto ball of right foot, cross step left over right
- 3-4** Rock step side right, recover weight onto left (prep left foot for the turn)

**5-6** Turn ½ right stepping onto right foot, continue turn ½ right stepping onto left foot

**7&8** Kick right foot forward and slightly angled, rock back onto ball of right foot, cross step left over right

**REPEAT**

**TAG**

**On walls 3 & 5 when dancing to My Song, or walls 2 & 5 when dancing to Living In Fast Forward**

**MONTEREY FULL TURN RIGHT, LEFT SIDE MAMBO & CROSS**

**1-2** Touch right toes side right, close right to left and make a full turn right taking weight onto right

**If you don't like to turn simply touch side right, close right to left taking weight onto right**

**3&4** Rock out side left, recover onto right, cross step left over right