

# Mood Swing

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**Count:** 96

**Wall:** 4

**Level:** Phrased Improver / Intermediate

**Choreographer:** Karen Dawson (Auckland) February 2018

**Music:** Mood Swing Thing-a-Ling by Marian Burns - iTunes

## #16 count introduction

**Sequence : AAB A(32 counts) Tag1 A B(40 counts) AA Tag2 Finish**

### Part A (48 counts)

#### **A[1-8] R TOE STRUT, L CROSS TOE STRUT, SIDE ROCK, RECOVER, CROSS, HOLD**

**1,2,3,4R toe to right side, drop R heel, cross L toe over right, drop L heel**

**5,6,7,8** Rock R to side, recover weight on L, cross R over left, hold.

#### **A[9-16] L TOE STRUT, R CROSS TOE STRUT, SIDE ROCK, RECOVER, CROSS, HOLD**

**1,2,3,4L toe to left side, drop L heel, cross R toe over left, drop R heel**

**5,6,7,8** Rock L to side, recover weight on R, cross L over right, hold.

#### **A[17-24] CHARLESTON SWEEPS WITH HOLDS, L COASTER,**

**1,2,3,4** Sweep R fwd, hold, sweep/step R back, hold

**5,6,7,8** Step L back, step R together, step L fwd, hold

#### **A[25-32] RIGHT LOCK FWD, HOLD, ¼ PIVOT R, CROSS, HOLD**

**1,2,3,4** Step R fwd, lock L behind right, step R fwd, hold

**5,6,7,8** Step L fwd, pivot ¼ right taking weight on R, cross L over right, hold

#### **A[33-40] EXTENDED VINE**

**1,2,3,4** Step R to side, cross L behind right, step R to side, cross L over right

**5,6,7,8** Step R to side, cross L behind right, step R to side, cross L over right

#### **A[41-48] SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD**

**1,2,3,4** Rock R to side, recover weight on L, cross R over left, hold

**5,6,7,8** Rock L to side, recover weight on R, cross L over right, hold

### Part B (48 counts)

## **B[1-8] TOE STRUT, TOE STRUT, CHARLESTON SWEEPS WITH HOLDS**

**1,2,3,4R toe fwd, drop R heel, L toe fwd, drop L heel**

**5,6,7,8** Sweep R fwd, hold, sweep/step R back

## **B[9-16] SWEEP/STEP L BACK, HOLD, SWEEP/STEP R BACK, HOLD, COASTER STEP**

**1,2,3,4** Sweep/step L back, hold, sweep/step R back, hold

**5,6,7,8** Step L back, step R together, Step L fwd, hold

## **B[17-24] TOE STRUT, TOE STRUT, CHARLESTON SWEEPS WITH HOLDS**

**1,2,3,4R toe fwd, drop R heel, L toe fwd, drop L heel**

**5,6,7,8** Sweep R fwd, hold, sweep/step R back

## **B[25-32] SWEEP/STEP L BACK, HOLD, SWEEP/STEP R BACK, HOLD, COASTER STEP**

**1,2,3,4** Sweep/step L back, hold, sweep/step R back, hold

**5,6,7,8** Step L back, step R together, Step L fwd, hold

## **B[33-40] SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD**

**1,2,3,4** Rock R to side, recover weight on L, cross R over left, hold

**5,6,7,8** Rock L to side, recover weight on R, cross L over right, hold

## **B[41-48] R LOCK FWD, HOLD, ¼ PIVOT, CROSS, HOLD**

**1,2,3,4** Step R fwd, lock L behind right, step R fwd, hold

**5,6,7,8** Step L fwd, pivot ¼ right taking weight on R, cross L over right, hold

## **Tag 1 (8 Counts)**

### **[1-8] SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD**

**1,2,3,4** Rock R to side, recover weight on L, cross R over left, hold

**5,6,7,8** Rock L to side, recover weight on R, cross L over right, hold

## **TAG 2 (16 counts)**

### **T[1-8] EXTENDED VINE**

**1,2,3,4** Step R to side, cross L behind right, step R to side, cross L over right

**5,6,7,8** Step R to side, cross L behind right, step R to side, cross L over right

**T[9-16] SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD**

**1,2,3,4** Rock R to side, recover weight on L, cross R over left, hold

**5,6,7,8** Rock L to side, recover weight on R, cross L over right, hold

**Finish**

**Do the first 12 counts of Tag 2, then add the following 4 counts**

**1,2,3,4** Rock L to side, turn  $\frac{1}{4}$  right taking weight on R, touch L heel fwd, hold.

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**Last Update - 23rd March 2018**

**<https://itunes.apple.com/nz/album/mood-swing-thing-a-ling/1197332537?i=1197333831>**