

IN THE MOOD

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Count: 32 **Wall:** 2 **Level:** Beginner/Intermediate level

Choreographer: Nadia Friel and Nikki Friel (Sept 2006)

Music: In The Mood (2:52 mins) 146 bpm by The Andrew Sisters, Album: Skeive Skiver 2 or Maxene Patti & Laverne

1 - 8 GRIND R HEEL ACROSS IN FRONT OF L X 3, STEP BACK, ROCK FORWARD

- 1,2** Step R heel across in front of R foot, twist R toes to R as you step L to L side
- 3,4** Step R heel across in front of R foot, twist R toes to R as you step L to L side
- 5,6** Step R heel across in front of R foot, twist R toes to R as you step L to L side
- 7,8** Step R back, rock weight forward onto L

9 - 16 PUMP FORWARD, PUMP SIDE, STEP BACK, ROCK FORWARD, PUMP FORWARD, PUMP SIDE, STEP BACK, ROCK FORWARD

- 1,2** Pump R foot forward, Pump R foot to R side
- 3,4** Step R back, rock weight forward onto L
- 5,6** Pump R foot forward, pump R foot to R side

7,8 ###Step R back, rock weight forward onto L ###

17 - 24 TOE HEEL, TOE HEEL, FOUR SMALL STEPS MOVING FORWARD

1,2,3,4 R Toe heel strut forward, L toe heel strut forward

- 5,6,7,8** Keep knees bent while you step small steps forward RLR, step L together Styling for counts
5,6,7,8

Count 5 - Keeping arms by your side - R shoulder moves up and L shoulder moves down as R foot moves forward.

Count 6 - L shoulder moves up and R shoulder moves down as L foot moves forward then repeat for counts 7 and 8.

25 - 32 HEEL, TOGETHER, HEEL, TOGETHER, BEHIND, SIDE, ACROSS, HOLD,

- 1,2,3,4** Touch R heel fwd to R45, step R beside L, touch L heel fwd to L45, step L beside R
- 5,6,7,8** Step R behind L, step L to side, step R across in front of R, hold

33 - 40 STEP L, CROSS, SIDE, CROSS, SIDE, CROSS, KICK, BEHIND, 1/4 R, 1/4 R, KICK,

&1&2 Step L to side, step R across L, step L to side, step R across L,

&3,4 Step L to side, step R across L, kick L forward to L45

5,6,7,8 Step L behind R, turn $\frac{1}{4}$ R and step R forward, turn another $\frac{1}{4}$ R and step L to L side, Kick R across L to L45

41 - 48 STEP R, TOGETHER, BACK, TOUCH TOGETHER, STEP L, TOGETHER, FWD, HOLD

1,2,3,4 Step R to side, step L beside R, step R back, touch L beside R,

5,6,7,8 Step L to side, Step R beside L, step L forward, hold REPEAT

Tag: This is a 16 count tag: During the 4th wall (facing the back) after count 16 ### do 8 paddle turns, turning L making 2 full turns with four paddles in each full turn as described below.

1,2 Step R forward, pivot $\frac{1}{4}$ L changing weight to L (8 times) - you will end up again on the back wall. Then restart the dance from the beginning.

Styling: Wave both hands in the air as you turn.

Finish: After count 36

1,2,3,4 Step L behind, turn $\frac{1}{4}$ R step R fwd, turn $\frac{1}{2}$ R and step L back, turn $\frac{1}{4}$ R and step R fwd and lean to R side And extend arms out and shimmy both hands. nfriel@bigpond.net.au