

# M & B SWING

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Rob Fowler

**Music:** Sick & Tired by Boz Scaggs

**8 count intro. Hear a bell then count 5678 - go**

## CHASSE RIGHT, ROCK STEP, CHASSE LEFT, ROCK STEP

**1&2** Step right to right, close left beside right, step right to right

**3-4** Rock back on left, rock forward onto right

**5&6** Step left to left side, close right beside left, step left to left

**7-8** Rock back on right, rock forward onto left

## FORWARD SHUFFLES, ROCK STEP, TRIPLE STEP ½ TURN RIGHT

**9&10** Step forward right, close left beside right, step forward right

**11&12** Step forward left, close right beside left, step forward left

**13-14** Rock forward on right, rock back onto left

**15&16** Triple step ½ turn right, stepping - right, left, right

## FORWARD SHUFFLES, ROCK STEP, TRIPLE STEP ¾ TURN LEFT

**17&18** Step forward left, close right beside left, step forward left

**19&20** Step forward right, close left beside right, step forward right

**21-22** Rock forward on left, rock back onto right

**23&24** Triple step ¾ turn left, stepping - left, right, left

## HEEL SWITCHES COMPLETING ½ TURN LEFT

**25&** Touch right heel forward, step right beside left

**26&** Touch left heel forward, step left beside right

**27&** Touch right heel forward, step right beside left

**28&** Touch left heel forward, step left beside right

**29-32&** Repeat steps 25-28&

**During steps 25-32& complete a ½ turn left**

### **STOMPS WITH HOLDS & ½ PIVOT TURN TWICE**

**33-34** Stomp forward right, hold

**35-36** Pivot ½ turn left, hold

**37-38** Stomp forward right, hold

**39-40** Pivot ½ turn left, hold

### **STEP ½ PIVOT TWICE, ROCK STEP, COASTER STEP**

**41-42** Step forward right, pivot ½ turn left

**43-44** Step forward right, pivot ½ turn left

**45-46** Rock forward on right, rock back onto left

**47-48** Step back right, step left beside right, step forward right

### **STOMPS WITH HOLDS & ½ PIVOT TURN TWICE**

**49-50** Stomp forward left, hold

**51-52** Pivot ½ turn right, hold

**53-54** Stomp forward left, hold

**55-56** Pivot ½ turn right, hold

### **STEP ½ PIVOT TWICE, ROCK STEP, COASTER STEP**

**57-58** Step forward left, pivot ½ turn right

**59-60** Step forward left, pivot ½ turn right

**61-62** Rock forward on left, rock back onto right

**63-64** Step back left, step right beside left, step forward left

### **REPEAT**