

M & B Swing

INTERMEDIATE

64 Count 4 Walls Choreographed by: Rob Fowler Choreographed to: Sick and Tired by Boz Scaggs

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1 & 2 3 - 4 5 & 6 7 - 8	Chasse Right, Rock Step, Chasse Left, Rock Step. Step Right To Right. Close Left Beside Right. Step Right To Right. Rock Back On Left. Rock Forward Onto Right. Step Left To Left Side. Close Right Beside Left. Step Left To Left. Rock Back On Right. Rock Forward Onto Left.
9 & 10 11 & 12 13 - 14 15 & 16	Forward Shuffles, Rock Step, Triple Step 1/2 Turn Right. Step Forward Right. Close Left Beside Right. Step Forward Right. Step Forward Left. Close Right Beside Left. Step Forward Left. Rock Forward On Right. Rock Back Onto Left. Triple Step 1/2 Turn Right, Stepping - Right, Left, Right.
17 & 18 19 & 20 21 - 22 23 & 24	Forward Shuffles, Rock Step, Triple Step 3/4 Turn Left. Step Forward Left. Close Right Beside Left. Step Forward Left. Step Forward Right. Close Left Beside Right. Step Forward Right. Rock Forward On Left. Rock Back Onto Right. Triple Step 3/4 Turn Left, Stepping - Left, Right, Left.
25 & 26 & 27 & 28 & 29 - 32 & Note:	Heel Switches Completing 1/2 Turn Left. Touch Right Heel Forward. Step Right Beside Left. Touch Left Heel Forward. Step Left Beside Right. Touch Right Heel Forward. Step Right Beside Left. Touch Left Heel Forward. Step Left Beside Right. Repeat Steps 25 - 28 & During Steps 25 - 32 & Complete A 1/2 Turn Left.
33 - 34 35 - 36 37 - 38 39 - 40	Stomps With Holds & 1/2 Pivot Turn X 2 Stomp Forward Right. Hold. Pivot 1/2 Turn Left. Hold. Stomp Forward Right. Hold. Pivot 1/2 Turn Left. Hold.
41 - 42 43 - 44 45 - 46 47 - 48	Step 1/2 Pivot X 2, Rock Step, Coaster Step. Step Forward Right. Pivot 1/2 Turn Left. Step Forward Right. Pivot 1/2 Turn Left. Rock Forward On Right. Rock Back Onto Left. Step Back Right. Step Left Beside Right. Step Forward Right.
49 - 50 51 - 52 53 - 54 55 - 56	Stomps With Holds & 1/2 Pivot Turn X 2 Stomp Forward Left. Hold. Pivot 1/2 Turn Right. Hold. Stomp Forward Left. Hold. Pivot 1/2 Turn Right. Hold.
57 - 58 59 - 60 61 - 62 63 - 64	Step 1/2 Pivot X 2, Rock Step, Coaster Step. Step Forward Left. Pivot 1/2 Turn Right. Step Forward Left. Pivot 1/2 Turn Right. Rock Forward On Left. Rock Back Onto Right. Step Back Left. Step Right Beside Left. Step Forward Left.