## **BLAST**FROM



**THEPast** 





## Mad 4 It

4 WALL - 40 COUNTS - IMPROVER			
STEPS	Actual Footwork	Calling Suggestion	DIRECTION
Section 1	Right Grapevine, Cross, Side Right, Touch Left, Side Left, Touch Right.		
1 - 2	Step right to right side. Cross left behind right.	Step. Behind.	Right
3 - 4	Step right to right side. Cross left over right.	Step. Cross.	
5 - 6	Step right to right side. Touch left beside right (clap hands).	Right. Touch.	
7 - 8	Step left to left side. Touch right beside left (clap hands).	Left. Touch.	Left
Section 2	Cross Strutt, Side Strutt, Jazz Box with 1/4 Turn, Scuff Left.		
9 - 10	Step ball of right foot over left. Drop right heel.	Cross. Strut.	Left
11 - 12	Step ball of left foot to left side. Drop left heel.	Side. Strut.	
13 - 14	Cross right over left. Step back left.	Cross. Back.	Back
15 - 16	Step right 1/4 turn right. Scuff left forward.	Turn. Scuff.	Turning right
Section 3	Left Lock Step Forward, Scuff, Right lock Step Forward Scuff.		
17 - 18	Step forward left. Lock right behind left.	Left. Lock.	Forward
19 - 20	Step forward left. Scuff right forward.	Step. Scuff.	
21 - 22	Step forward right. Lock left behind right.	Right. Lock.	Forward
23 - 24	Step forward right. Scuff left forward.	Step. Scuff.	
Section 4	Forward Rock, Step Back, Clap, Full Turn Right with Claps.		
25 - 26	Rock forward on left. Rock back onto right.	Rock. Step.	On the spot
27 - 28	Step back on left. Clap hands.	Back. Clap.	Back
29 - 30	On ball of left make $1/2$ turn right, stepping forward right. Clap hands.	Turn. Clap.	Turning right
31 - 32	On ball of right make 1/2 turn right, stepping back left. Clap hands.	Turn. Clap.	
Section 5	Back Rock, Step Forward, Left Rock, Cross, Point, Flick.		
33 - 35	Rock back on right. Rock forward onto left. Step forward on right.	Rock Step Forward	On the spot
36 - 37	Rock to left side on left. Rock onto right in place.	Left. Rock.	Left
38 - 39	Cross left over right. Point right toe to right side.	Cross. Point.	Right
40	Flick right foot behind left leg.	Flick	On the spot

Choreographed by: Daniel Whittaker (UK) May 2000

Choreographed to:- 'Reach' by S Club 7, downloadable from iTunes.

Music Suggestion: 'Too Much Stuff' by Delbert McClinton from 'One Of A Fortunate Few' CD, or 'Jump Jive and Wail'.