

MFC

32 Count, 4 Wall, Improver

Choreographer: dj Dan & Winnie (NL) Oct 2013

Choreographed to: MFC (Mama's Fried Chicken) by Billy Yates. CD: Just Be You (130 bpm)

Intro 38 counts.

1-8 JAZZ BOX CROSS, CHASSE, BACK ROCK

1-4 Cross Right over Left. Step Left back. Step Right to right side. Cross Left over Right.

5&6 Step Right to right side. Step Left next to Right. Step Right to right side.

7-8 Rock Left back. Recover onto Right.

9-16 SIDE. TOUCH, HEEL-BALL-STEP, ROCK STEP, SHUFFLE 1/2 TURN

1-2 Step Left to left side. Touch Right next to Left.

3&4 Touch Right heel forward. Step on ball of Right next to Left. Step Left forward.

5-6 Rock Right forward. Recover onto Left.

7&8 Shuffle 1/2 turn right stepping Right, Left, Right [6]

17-24 SIDE, BEHIND, 1/4 TURN SHUFFLE FWD, STEP, 1/2 PIVOT TURN, WALK, WALK

1-2 Step Left to left side. Step Right behind Left.

3&4 Make 1/4 turn left shuffle forward stepping Left, Right, Left. [3]

5-6 Step Right forward. Pivot 1/2 turn left. [9]

7-8 Step Right forward. Step Left forward.

25-32 STEP, 1/8 PIVOT TURN LEFT, 4X (Completing 1/2 turn left)

1-2 Step Right forward. Pivot 1/8 turn left.

3-4 Step Right forward. Pivot 1/8 turn left.

5-6 Step Right forward. Pivot 1/8 turn left.

7-8 Step Right forward. Pivot 1/8 turn left. [3]

Option, move your hips.

Tag 6 counts after wall 3 [9].

STEP FWD, HEEL FWD, STEP BACK, TOE BACK, WALK, WALK

1-2 Step Right forward. Touch Left heel forward (clap).

3-4 Step Left back. Touch Left toe back (clap)

5-6 Step Right forward. Step Left forward.

Restart dance from the beginning.

Tag 8 counts after wall 5 [3] & 6 [6].

STEP FWD, HEEL FWD, STEP BACK, TOE BACK, X2

1-2 Step Right forward. Touch Left heel forward (clap).

3-4 Step Left back. Touch Left toe back (clap)

5-6 Step Right forward. Touch Left heel forward (clap).

7-8 Step Left back. Touch Left toe back (clap)

Restart dance from the beginning.