

Mildred My Friend

60 count, 4 wall, intermediate level

Choreographer: Teresa and Vera (UK) Aug 2005

Choreographed to: Mildred Madalyn Johnson by

Fernando Ortega on Fever 16 (123 bpm)

Start Time & BPM: Start dance 24 counts in, on main vocals

STEP FWD BASIC, MAKE ¼ TURN LEFT, BASIC BACK RIGHT, REPEAT

- 1,2,3 Basic fwd L,R,L
- 4,5,6 Making ¼ turn L, do basic going back R,L,R. 9 o'clock
- 1,2,3 Basic fwd L, R, L
- 4,5,6 Making ¼ turn left, basic back going R,L,R. 6 o'clock

BASIC TWINKLE, BASIC TWINKLE ½ TURN RIGHT, WEAVE, SLIDE TOUCH

- 1,2,3 Basic twinkle, L,R,L
- 4,5,6 Cross R over L, making 1/4 turn R, step back L, making a further 1/4 turn R, step R to R side. 12 o'clock
- 1,2,3 Step L over R, step R to R side, step L behind R
- 4,5,6 Big step to R side, slide L up to R, touch L next to R

BASIC ¾ OVER LEFT SHOULDER, BASIC BACK, RIGHT DIAGONAL BASIC FWD, LEFT DIAGONAL BASIC FWD

- 1,2,3 Making 1/4 turn L step fwd on L, turning a further ½ turn L step back on R, step L next to R. 3 o'clock
- 4,5,6 Basic back R, L, R
- 1,2,3 Angling your body towards 1 o'clock do a basic fwd L,R,L
- 4,5,6 Angling your body towards 11 o'clock do a basic fwd R,L,R

ROCK REPLACE ½ TURN, BASIC WHOLE TURN (option)

ROCK REPLACE STEP BACK, ROCK REPLACE STEP FWD

- 1,2,3 Straightening up to the 3 o'clock wall. Rock fwd on L, replace weight back on R, make ½ turn L, stepping fwd on L. 9 o'clock
- 4,5,6 Basic whole turn L (Option: basic fwd) stepping R,L,R
- 1,2,3 Rock fwd L, replace weight, step back on L
- 4,5,6 Rock back on R, replace weight, Step fwd on R** **restart at this point. Wall 6**

STEP ½ RHONDE TOUCH, RIGHT LOCK FWD, STEP TURN STEP, SPIN OR SLIDE

- 1,2,3 Step L fwd, rhonde/sweep ½ turn L, touch right next to L
- 4,5,6 Right lock fwd stepping R,L,R. 3 o'clock
- 1,2,3 Step fwd L, pivot 1/2 R placing weight onto R, step fwd L. 9 o'clock
- 4,5,6 Step fwd R, spiral full turn L over 2 counts with L hooked slightly in front of R (option: no spin. Slide L up to right over 2 counts).

****Restart:** Wall 6, dance 48 counts up to & including the rocks in section 4, you will facing the back wall, (6 o'clock), then restart the dance from the beginning.

Ending Optional: Wall 8 at the 12 o'clock wall you will dance the first 24 counts, ending up at the 3 o'clock wall, as the music fades out, if you wish you can do a 1 ¼ turn left to face the front, stepping, L,R,L,R.

Thank You to Tim Ruzgar who bought this lovely piece of music to our attention.