

Stopping
off the
Page

Mood Swing

Script
approved by




John Dembiec

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Knee, 1/4 Turn Kick, Syncopated Jazz Box, 1/4 Swivel, Full Spiral Turn, Shuffle.		
1 - 2	Turn right knee in towards left. Turn 1/4 right kicking right forward.	Knee Kick	Turning right
3 & 4	Cross right over left. Step left back. Step right to right side.	Cross Back Side	Back
5	Swivel heels left turning 1/4 right.	Twist	Turning right
6	Make full spiral turn left keeping weight on right hooking left over right.	Turn	Turning left
7 & 8	Step left forward. Step right beside left. Step left forward.	Shuffle Step	Forward
Section 2	Press, Flick, Back Lock, 1/4 Turn, 1/2 Turn, Coaster Step.		
1 - 2	Press right forward bending knee. Recover onto left flicking right forward.	Press Flick	On the spot
3 & 4	Step right back. Lock left across right. Step right back.	Back Lock Step	Back
5 - 6	Turn 1/4 left stepping left to left side. Turn 1/2 left stepping right back.	Turn Turn	Turning left
7 & 8	Step left back. Step right beside left. Step left forward.	Coaster Step	On the spot
Section 3	Step 1/2 Pivot, Forward Shuffle, Rock Step 1/4 Turn, Crossing Shuffle.		
1 - 2	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
3 & 4	Step right forward. Step left beside right. Step right forward.	Shuffle Step	Forward
5 - 6	Rock left forward. Recover onto right turning 1/4 left.	Rock Turn	Turning left
7 & 8	Step left to left side. Cross right over left. Step left to left side.	Cross Shuffle	Left
Section 4	Sailor Step, Behind Unwind 3/4 Turn, Steps Forward & Back.		
1 & 2	Cross right behind left. Step left to left side. Step right in place.	Sailor Step	On the spot
3 - 4	Cross left behind right. Unwind 3/4 turn left taking weight on left.	Behind Unwind	Turning left
5 - 6	Step right diagonally forward right. Step left diagonally forward left.	Right Left	Forward
7 - 8	Step right back. Step left beside right.	Right Left	Back

INTERMEDIATE/ADVANCED

4 Wall Line Dance:- 32 Counts. Intermediate/Advanced.

Choreographed by:- John Dembiec (USA) September 2004.

Choreographed to:- 'Bad Mood' (119 bpm) by Lonnie Gordon from 'Bad Mood' or 'No Regrets' CD.

Music Suggestion:- 'The Same Love That Made Me Laugh' by Queen Latifah from 'Dana Owens Album'.