

Mu-Cha-Amore

40 count, 4 wall, beginner level

Choreographer: Bernie Flint (UK) Aug 2004
Choreographed to: More And More by Joe Dolan,
Pegasus Album; Just Like Old Times by Heather
Myles

Start on count 26

Section 1 Rock x 2, Chasse ¼ left, Pivot ½, Shuffle ½.

- 1-2. Rock left to left side, Rock weight back onto right, hitching left knee.
- 3 & 4 Step left to left side, Close right to left, Step left ¼ turn left.
- 5-6 Step forward on right, Pivot ½ turn left, weight forward onto left foot.
- 7 & 8 Shuffle ½ turn over left shoulder, stepping right-left-right.
(9 o'clock wall)

Sections 2, Rock x 2, Chasse left, Cross rock, Chasse right ¼ turn right.

- 1-2. Rock left to left side, Rock weight back onto right, hitching left knee.
- 3 & 4 Step left to left side, Close right to left, Step left to left.
- 5-6 Cross step right over left, Rock weight back onto left.
- 7 & 8 Step right to right side, Close left to right, Step right ¼ turn right
(12 o'clock wall)

Section 3. Step touch, back shuffle ¼ turn right, cross side sailor step.

- 1-2 Step forward on left, Touch right toe behind left heel.
- 3 & 4 Shuffle back right-left-right turning ¼ right.
- 5-6 Cross left over right, Step right to right side.
- 7 & 8 Step left behind right, Step right beside left, Step left beside right. (3 o'clock wall)

Section 4, Cross, Step, Step, Cross, Step, \ Step, Touch, \ Chasse ½ turn right.

- 1-2 Cross step right over left, Step back onto left.
- 3 & 4 Step diagonally back on right, Cross step left over right, Step back on right.
- 5-6 Step left to left side, Touch right toe to left instep.
- 7 & 8 Chasse right ½ turn right, stepping right-left-right. (9 o'clock wall)

Section 5 Weave left figure of eight, completing ½ turn on completion.

- 1-2 Step left to left side, Step right behind left.
- 3-4 Step left ¼ turn left, Step forward right pivot ½ turn.
- 5-6 Step forward left turning ¼ left, Step right to right side.
- 7-8 Step left behind right, starting to turn right, Step right ½ turn right.
(Weight stays on right, ready to rock to the left to start the dance again.)
(3 o'clock)