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## From My Guy

32 Count, 4 Wall, Improver

Choreographer: Lynda Summers (Canada) Oct 2013

Choreographed to: My Guy by Mary Wells

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### INTRO: 16 counts, start on vocals

#### HEEL FWD, CLOSE, HEEL FWD, CLOSE, TWO HEEL BOUNCES, SWIVELS HEELS (right, center)

- 1,2 Touch R heel forward, step R beside L.
- 3,4 Touch L heel forward, step L beside R.
- 5,6 Bounce both heels twice.
- 7,8 Swivel both heels to the right, then back to center.

#### FOUR SWIVELS

- 1 Turn 1/4 right (step R forward), while L heel swivels back. (3:00)
- 2 Turn 1/4 left (step L beside R), while R heel swivels to front. (12:00)
- 3-8 Repeat above steps 1,2 for 3 more times.

#### ROCK FWD, RECOVER, SHUFFLE (1/2 right), ROCK FWD, RECOVER, BACK, KICK

- 1,2 Rock step R forward, recover weight back onto L.
- 3&4 Shuffle (R-L-R) while turning 1/2 right. (6:00)
- 5,6 Rock step L forward, recover weight back onto R.
- 7,8 Step L back, kick R forward.

#### BACK, KICK, BACK, KICK, MONTEREY STEP (1/4 right)

- 1,2 Step R back, kick L forward.
- 3,4 Step L back, kick R forward.
- 5,6 Touch R toe out to right side, turn 1/4 right (step R beside L). (9:00)
- 7,8 Touch L toe out to left side, step L beside R.

### TAG: At the end(3:00) of wall 7(6:00), do this 16 count Tag:

#### Vine right, brush, vine left, brush

- 1-4 vine right (R,L,R), brush L beside R.
- 5-8 vine left (L,R,L), brush R beside L. fwd, together, fwd, touch (all on right diagonal)
- 9,10 step R forward, step L beside R.
- 11,12 step R forward, touch L beside R & clap. fwd, together, fwd, touch (all on left diagonal)
- 13,14 step L forward, step R beside L.
- 15,16 step L forward, touch R beside L & clap. (styling: use Supremes arm motion)

### ENDING Dance ends during wall 10(9:00)

**Dance to count 26, but change the turn on the triple step (19&20) from 1/2 right to 1/4 right to face the front wall.**

**Instead of doing the 3rd kick (27,28), on count 28, touch R toe to right side & pose.**