

Dancin' Mood

Phrased, 4 wall, intermediate level

Choreographer: Jo Kinser (USA) March 2001

Choreographed to: I'm In The Dancin' Mood by Jools

Holland And His Rhythm And Blues Orchestra –

Lift The Lid

Sequence: AB, AAA, CB, A to the end

SECTION A

STEP, ½ TURN, TRIPLE ½ TURN, ROCK RECOVER, TRIPLE ½ TURN

- 1-2 Step forward right, pivot ½ turn right
3&4 Step right foot a ¼ turn right, step left together, step right foot a ¼ turn right
5-6 Rock forward on the left foot, replace weight back right
7&8 Step left foot a ¼ turn left, step right together, step left foot a ¼ turn left (clap hands 3 times)

SWEEP ¾ TURN, STOMP IN PLACE, TOUCH AND TOUCH AND STEP AND TOUCH

- 1-2 Sweep the right foot ¾ turn left
3-4 Stomp right foot in place, stomp left foot in place
5&6 Touch right foot forward, step back on the right foot (3rd position), touch left foot forward
&7&8 Step left back in place, touch right foot next to left, step back on the right foot (3rd position), touch left foot forward

STEP ½, TOUCH RIGHT CROSS IN-FRONT, TOUCH LEFT CROSS IN-FRONT, TOUCH RIGHT CROSS BEHIND

- &1-2 Step left back in place, step forward right, pivot ½ left
3-4 Touch right foot out to right side, cross right foot over in front of left (5th position) click finger on count 4
5-6 Touch left foot out to left side, cross left foot over in front of right (5th position) click finger on count 6
7-8 Touch right foot out to right side, cross right behind left foot (5th position) click finger on count 8

TOUCH LEFT CROSS BEHIND, MONTEREY TURN ½ RIGHT, TOUCH LEFT, REPLACE, SWING HIPS RIGHT, LEFT

- 1-2 Touch left foot out to left side, cross left behind right foot (5th position) click finger on count 2
3-4 Touch right foot out to right side, pivot ½ turn over right shoulder (weight right)
5-6 Touch left foot out to left side, bring left foot back in place (weight left - feet shoulder width apart)
7-8 Swing hips and hands palms down to right, swing hips and hands palms down to left (weight left) or body roll

SECTION B

STEP, ½ TURN, TRIPLE ½ TURN, ROCK RECOVER, TRIPLE ½ TURN

- 1-2 Step forward right, pivot ½ turn right
3&4 Step right foot a ¼ turn right, step left together, step right foot a ¼ turn right
5-6 Rock forward on the left foot, recover back on the right
7&8 Step left foot a ¼ turn left, step right together, step left foot a ¼ turn left (clap hands 3 times)

SWEEP ¾ TURN, STOMP IN PLACE, TOUCH AND TOUCH AND STEP AND TOUCH

- 1-2 Sweep the right foot ¾ turn left
3-4 Stomp right foot in place, stomp left foot in place
5&6 Touch right foot forward, step back on the right foot (3rd position), touch left foot forward
&7&8 Step left back in place, touch right foot next to left, step back on the right foot (3rd position), touch left foot forward

STEP ½, TOUCH RIGHT CROSS IN-FRONT, TOUCH LEFT CROSS IN-FRONT, STEP RIGHT PIVOT ½ LEFT

- &1-2 Step left back in place, step forward right, pivot ½ left
3-4 Touch right foot out to right side, cross right foot over in front of left (5th position) click finger on count 4
5-6 Touch left foot out to left side, cross left foot over in front of right (5th position) click finger on count 6
7-8 Step forward on the right foot, pivot ½ left
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SECTION C**SYNCOATED STEPS TURNING FULL TURN RIGHT, REPEAT LEFT**

- 1& Step right forward starting to turn right, step ball of left behind right
2& Step right forward continuing to turn right, step ball of left behind right
3& Step right forward continuing to turn right, step ball of left behind right
4 Step forward on right (you have completed full turn)
&5&6 Step left diagonally back, touch right heel diagonally right, step right in place,
cross step left over right
&7&8 Step right diagonally back, touch left heel diagonally left, step left in place,
step left slightly forward (extended 5th)
1-8 Repeat left
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