MOOD SWING

Choreographed by: John Dembiec
E-mail: TwStpr@aol.com
Choreographer Winner of the 2004 Windy City Linedance Mania

Description: 32 count, 4-wall, Intermediate/Advance Linedance, 32 count intro
Music: *Bad Mood* by Lonnie Gordon (119 bpm)-- Album-Bad Mood or No Regret
Teach Song- *The Same Love That Made Me Laugh* by Queen Latifah
Album- Dana Owens Album

Count	Description
1-8	**KNEE TURN, 1/4 TURN KICK, JAZZ, 1/4 SWIVEL, FULL SPIRAL, SHUFFLE**
1-2	Turn R knee inward, Making 1/4 turn R, Kick R forward
3&4	Step R over L, Step L back, Step R to R
5	Swivel 1/4 turn to R on both feet
6	With weight on R, 360 turn to L with L crossed over R
7&8	Shuffle forward L, R, L
9-16	**PRESS, FOOT FLICK, BACK LOCK, 1/4 & 1/2 TURNS, BACK COASTER**
1-2	Press R forward, Recover to L with R foot flick forward
3&4	Step R back, Step L over R, Step R back
5	Making 1/4 turn L on R foot, step L to L
6	Pivoting on L, Make 1/2 turn L stepping back on R
7&8	Step L back, Step R next to L, Step L forward
17-24	**STEP, 1/2 TURN, SHUFFLE, ROCK, 1/4 TURN, STEP CROSS STEP**
1-2	Step R forward, Pivot 1/2 turn L onto L
3&4	Shuffle forward R, L, R
5-6	Rock L forward, Replace to R making 1/4 turn L
7&8	Step L to L, Step R over L, Step L to L
25-32	**SAILOR, STEP, 3/4 UNWIND, STEPS FORWARD AND BACK**
1&2	Step R behind L, Step L to L, Step R next to L
3-4	Step L behind R, Unwind 3/4 turn to L
5-6	Step R diagonal forward R, Step L diagonal forward L
7-8	Step R back, Step L next to R

REPEAT AND HAVE FUN !!