

# Body Swing

---

**Count:** 32

**Wall:** 2

**Level:** High Improver WCS

**Choreographer:** Shane McKeever (N.IRE) & Roy Verdonk (NL) - June 2019

**Music:** Mad Love - Mabel

---

## Intro : 16 counts

### **S1: Forward R/L, Mambo R, Back L/R, Sailor L**

1-2 RF step forward , LF step forward  
3&4 RF rock forward, recover onto LF (&), RF step back  
5-6 LF step back, RF step back  
7&8 LF cross behind RF, RF step right (&), LF step left

### **S2: Cross, 1/4 Turn R, Back, Coaster R, Out/ Out/ In/ In, Point Forward L, Swivel, Together**

1-2 RF cross in front of LF, makes 1/4 turn right stepping LF back (03.00)  
3&4 RF step back, LF step together (&), RF step forward  
5& LF step out on heel on diagonal left, RF step out on heel on right diagonal(&)  
6& LF step back to centre, RF step together(&)  
7& LF touch toes forward, BF swivel heels left(&)  
8& BF swivel heels back to centre , LF step together (&)

### **S3: Forward R/L, 1/8 Turn L, Ball/ Cross,1/8 Turn R, 1/2 Turn R With Sweep, Anchor Step**

1-2 RF step forward, LF step forward  
&3-4 make 1/8 turn left (01.30) stepping RF small step right (&), LF cross in front of RF, make 1/8 turn right stepping RF forward (03.00)  
5-6 make 1/2 turn right stepping LF back (09.00), RF sweep from front to back  
7&8 RF step slightly behind LF (3rd position), recover onto LF (&), recover onto RF

### **S4: Step/Point (2×), Cross, 1/4 Turn L, Back, Triple L**

1-2 LF step forward, RF point right  
3-4 RF step forward, LF point left  
5-6 LF cross in front of RF, make 1/4 turn left stepping RF back (06.00)  
7&8 LF step left, RF step together (&), LF step left

**Last Update - 3 July 2019**