

**EAST COAST SWING BASIC** 

Choreographed by: Dan Albro (10/16/04) rev. 3/3/05 Mishnock Barn, 200 Mishnock Road, West Greenwich, RI 02817; <a href="www.mishnockbarn.com">www.mishnockbarn.com</a> albro5@cox.net 401-397-3505

Music: "Nothin' 'Bout Love Makes Sense" by: LeAnne Rimes; 123 bpm

Description: 32 Count; Beginner/Inter. Partner Dance, Starting in Closed Position Man facing FLOD

Start on vocals

1-6

1,2,3,4

5 & 6 7,8

	1&2,3&4 5,6	Men: Shuffle side left, Shuffle side right, Rock back on L, Replace weight on R - FLOD		
	1&2,3&4 5,6	<u>Ladies</u> : Shuffle side right, Shuffle side left, Rock back R, Replace weight on L – <b>BLOD</b>		
	7-12	MAN DOES EAST COAST BASIC, LADIES: TUCK TURN		
	1&2,3&4,5,6	Men: Shuffle side left, Shuffle side right, Rock back on L, Replace weight on R (on 1 &2 lower his L her R hand Slightly, on 3&4 lady turns under mans L arm) - <b>FLOD</b>		
	1&2,3&4 5,6	<u>Ladies</u> : Shuffle side right, turning ¾ turn right under mans left hand shuffling forward, rock back on R, replace weight on left - <b>OLOD</b>		
MAN: ¼ RIGHT TURNING LADY, LADIES: 4 STEP TURN & 1/2 FWD LEFT, BOTH: COASTER, STOMP KICK				
	1,2,3,4	Men: Step in place L, R, L, R, turning ¼ right as the lady passes under your left hand – OLOD		
		(man leads lady with L hand [her R] in front of him and towards OLOD Picking up her L hand in his R on count 4)		
	5&6,7,8	Step back L, R next to L, step fwd L, Stomp R next to L (no weight), Kick R diagonal		

## COASTER 1/4 TURN, STOMP KICK, COASTER STEP

1 &2 3,4 5&6	Men: Step back on R, Step L next to R, Turn ¼ left stepping side R - <b>FLOD</b> Stomp L next to R (no weight), Kick L fwd, Step back L, Step R next to L, Step L fwd (on count 2, release mans R hand and place behind ladies back at waist, Ladies place left hand on mans L shoulder) keep his left, her right hands connected
1&2 3,4,5&6	<u>Ladies</u> : Step back on L, Step R next to L, Turn ¼ right stepping side L - <b>FLOD</b> Stomp R next to L (no weight), Kick R fwd, Step back on R, Step L next to R, Step R fwd.

<u>Ladies</u>: Walk fwd towards OLOD, turning 1 ½ turn left stepping R,L,R,L - **ILOD** 

Step back R, Step L next to R, Step fwd R, Stomp L next to R (no weight), Kick L diagonal

## SHUFFLE FORWARD. SHUFFLE FWD WITH MEN GOING IN FRONT. 1/2 TURNING SHUFFLE

SHUFFLE FORWARD, SHUFFLE FWD WITH MEN GOING IN FRONT, 1/2 TURNING SHUFFLE		
	1&2	Men: Shuffle fwd R,L,R
	3&4	Get in front of the lady turning 1/2 right as you shuffle L,R,L (you will turn 1/4 right as you step
		side L, step R next to L, turn 1/4 right as you step across ladies path with your L - BLOD)
	5&6	Bring lady around to starting position as you triple in place R,L,R turning 1/2 right -FLOD
	1&2,3&4	<u>Ladies</u> : Shuffle fwd L,R,L, Shuffle fwd R,L,R
	5&6	lady turns ½ turn right shuffling L,R,L – <b>BLOD</b> (starting position)

Please note: Mans left hand and ladies right hand remain joined throughout the entire dance. Repeat