

M.D.C.

32 Count | 4 Wall | Improver Level | 1 Restart
Choreographed by Bryan McWherter and Rosie Multari (February 2020)
You Should Be Sad by Halsey (Clean Version)

STEP, SHUFFLE, STEP, SHUFFLE, STEP, 1/2 TURN LEFT

- 1 Step right foot forward(1),
- 2&3 Step left foot forward(2), step right foot behind left(&), step left foot forward(3),
- 4 Step right foot forward(4),
- 5&6 Step left foot forward(5), step right foot behind left(&), step left foot forward(6),
- 7-8 Step forward onto the ball of your right foot(7), make a 1/2 turn left stepping forward onto left foot(8), (Facing 6 O'Clock Wall)

STEP, ROCK RECOVER, STEP TOUCH X2

- 1, 2& Stomp right foot forward and slightly to the right side(1), rock left foot behind right(2), recover weight forward onto right foot(&),
- 3-4 Step left foot to the left side(3), touch right toe next to left(4),
- 5, 6& Stomp right foot forward and slightly to the right side(5), rock left foot behind right(6), recover weight forward onto right foot(&),
- 7-8 Step left foot to the left side(7), touch right toe next to left(8),

VINE RIGHT WITH KNEE POPS, 1/2 TURN HITCH, VINE LEFT WITH KNEE POPS, 1/4 TURN

- 1,2 Step right foot to right side(1), Cross step left foot behind right while popping right knee up(2),
- 3,4 Step right foot forward making a 1/4 turn right(3), (facing 9 O'Clock wall)
Hitch left knee up while making another 1/4 turn right(4), (facing 12 O'Clock wall)
- 5,6 Step left foot to left side(5), cross step right behind left while popping left knee up(6),
- 7,8 Step left foot forward making a 1/4 turn left(7), Hitch right knee up(8), (facing 9 O'Clock Wall)

MAMBO FORWARD, MAMBO BACK, MAMBO 1/2 TURN RIGHT, WALK, WALK, WALK (RUN RUN RUN)

- 1&2 Rock forward onto the ball of the right foot(1), recover weight back onto the left foot(&),
Step right foot next to left(2),
- 3&4 Rock back onto the ball of the left foot(3), recover weight forward onto the right foot(&),
Step left foot next to right(4),
- 5&6 Rock forward onto the ball of the right foot(5), recover weight back onto the left foot(&),
Step forward onto the right foot making a 1/2 turn right(6),
- 7&8 Walk forward left(7), walk forward right(&), walk forward left(8). (Now facing 3 O'Clock wall.)

Begin Again

There will be 1 restart after 16 Counts on your 6th wall.

***If you continue dancing all the way though the song it ends perfectly facing the 12 O'Clock wall with your left knee in a hitch position.

We hope you enjoy!



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