

Mummy Trance

Count: 32

Wall: 4

Level: Beginner / Halloween dance

Choreographer: Regina Cheung, Canada (October 2019)

Music: Mummy Trance par Bruce Moore, Louie & Joy Suarez

Intro : 32 Counts

Section 1: Grapevine right stomp, Twist heels to left

1 2 Step right to right, step left behind right
3 4 Step right to right Stomp left next to right
5 6 7 8 Twist both heels to left, twist both toes to left X 2 (travelling to left) (12:00)

Section 2: Toe Strut forward X 4

1 - 4 Touch R toe forward, Step R heel down, Touch left toe forward, Step left heel down
5 - 8 Repeat 1 – 4 (12:00)

Section 3: Monterey 1/4 right, Heel switches, Pivot 1/2 left

1 2 Point right to right, 1/4 turn right close right next to left
3 4 Point left to left, close left next to right
5&6& Touch right heel forward, close right next to left, Touch left heel forward, Close left next to right
7 8 Step forward on right make a 1/2 turn left (9:00)

Section 4: Jazz Box Cross, Syncopated Out In Steps (Option : Out out In in)

1 2 Step right over left, Step left back
3 4 Step right on side, Step left Cross over right
5 6 Both heels out, Both heels In (option : Right out, Left out)
7 8 Repeat 5 6 (9:00) (option : Right In, Left In)

RESTARTS :

Wall 3, Count 24 - Restart (3:00)

Wall 6, Count 24 - Restart (6:00)

ENDING : Dance finish facing (9:00) do Mummies Walk around.

HAVE FUN, HAPPY HALLOWEEN !!

For music enquiry : reginacheung@rogers.com