

Tossin' n Turnin'

(TNT)

Choreographed by Dan Albro
 The Mishnock Barn
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Description:	32 Count; Beginner / Intermediate Partner Dance / Mans Right , Ladies Left Hand
Music:	"I'm Gonna Getcha" by Shania Twain, 128 bpm; Or any other song around 128 bpm
Position:	Both Facing Forward - Man leads w/ left, Ladies w/ right; Holding hands; Opposite footwork.

<p>1-8</p> <p>MAN 1&2,3&4 5&6 7&8</p> <p>LADY 1,2,3&4 5&6 7&8</p>	<p><u>Fwd Shuffle, Fwd Shuffle, 1/2 Turn Shuffle, 1/2 Turn Shuffle</u></p> <p>Shuffle Fwd LRL, shuffle Fwd RLR</p> <p>Shuffle LRL making a 1/2 turn right (facing blod)</p> <p>Shuffle RLR making a 1/2 turn right (facing lod)</p>	<table border="1"> <tr> <td>Beginners:</td> <td>5&6</td> <td>Shuffle fwd L,R,L</td> </tr> <tr> <td>Omit Turn</td> <td>7&8</td> <td>Shuffle fwd R,L,R</td> </tr> </table>	Beginners:	5&6	Shuffle fwd L,R,L	Omit Turn	7&8	Shuffle fwd R,L,R
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<p>9-16</p> <p>MAN 1&2 3&4 5&6 7&8</p> <p>LADY 1&2 3&4 5&6 7&8</p>	<p><u>1/2 Turn Shuffle, Coaster, 2 Shuffles w/ Ladies Toss Across And Turn To Face FLOD</u></p> <p>Shuffle LRL making a 1/2 turn right (facing blod) (<i>left arm going around back of ladies waist</i>)</p> <p>Coaster- right foot back, left foot back to right, right foot forward</p> <p>Shuffle in place LRL (toss the lady across to right side and catch her with right arm on her back)</p> <p>Shuffle RLR turning 1/2 turn right to face fwd</p>							
	<p>Shuffle RLR making a 1/2 turn left (<i>right arm going around mans back</i>)</p> <p>Coaster- left foot back, right step next to left, left foot forward</p> <p>Shuffle RLR going across & in front of man turning a full turn right</p> <p>Shuffle LRL turning another 1/2 turn right to face fwd</p>							
<p>17-24</p> <p>MAN 1&2 3&4 5,6,7,8</p> <p>LADY 1&2 3&4 5,6,7,8</p>	<p><u>2 Shuffles fwd , Step Side, Touch, 1/4 Turn, 1/4 Turn</u></p> <p>Shuffle fwd LRL (right arm behind ladies back)</p> <p>Shuffle fwd RLR</p> <p>Step L to side, touch R , step R with a 1/4 turn right, step L with a 1/4 turn right (BLOD hip to hip)</p>							
	<p>Shuffle fwd RLR (left arm behind mans back)</p> <p>Shuffle fwd LRL</p> <p>Step R to side, touch L, step L with a 1/4 turn left, step R with a 1/4 turn left (BLOD hip to hip)</p>							
<p>25-32</p> <p>MAN 1,2,3,4 5,6,7,8</p> <p>LADY 1,2,3,4 5,6,7,8</p>	<p><u>2 Hips In, 2 Hips Out, In, Out, Step 1/2 Turn</u></p> <p>Bump hips L 2x, bump hips R 2x</p> <p>Bump hips in ,bump hips out, Step L fwd., pivot 1/2 R</p>							
	<p>Bump hips R 2x, bump hips L 2x</p> <p>Bump hips in ,. Bump hips out, Step fwd R , pivot 1/2 L</p>							

Begin Again!