

M - Bay



Choreography: Jo Kinser (UK), Ivonne Verhagen (NL), John Kinser (UK) & Remco Zwijgers (NL) - November 2025

Count's: 32, Wall: 4 / Improver

Music/Performer: Milarrochy Bay - Nathan Evans & SAINT PHNX

Intro: Start on the lyrics approx 0:21 secs - 2 Restarts

L Side Together Fwd, Step Lock Fwd, Step ½ Turn R, Rock/Body Roll Fwd, Step Back, Together

1&2 LF step side L, RF step next to L, LF step forward
3&4 RF step forward, LF lock behind R, RF step forward
5&6 LF step forward, ½ turn R (6:00), LF rock forward with small upper body roll
7,8 RF recover back finishing the body roll, LF step next to R

3X Run Fwd, Mambo Fwd, Coaster Step, ¼ R Slide L w/Shimmy

1&2 Run forward RLR
3&4 LF rock forward, Recover R, LF step next to R
5&6 RF step back, LF step next to R, RF step forward
7,8 ¼ turn R (9:00) LF step big step L and shimmy shoulders, RF slide next to L and touch

Restarts: Step RF next to L and restart on W2 (6:00) and W5 (9:00)

Cross Rock Side 2X - Prep, Rolling Vine R, Rock/Flick

1&2 RF cross rock over L, LF recover, RF step R
3&4 LF cross rock over R, RF recover, LF step L - prep
5,6 ¼ turn R and RF step forward (12:00), ½ turn R and LF step back (6:00)
7,8 ¼ turn R and RF rock R (9:00), Recover on LF and Flick RF back

Rumba Box, Rock Back, Recover, Heel Hook, Heel Hitch, Stomp Together

1&2 RF step R, LF step next to R, RF step forward
3&4 LF step L, RF step next to L, LF step back
5& RF rock back, LF recover
6& R heel touch forward, RF hook across L
7&8 R heel touch forward, R knee hitch up, Stomp RF next to L (weight LF)