NEEDS….

This is the easier dance to this song. The intermediate level dance is called I Need A Woman
Both dances were written by request for Rachel Lardy from Domerat in France

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STEPS   PATTERN OF DANCE

Walk Fwd LR, Bump Fwd Back Fwd, Walk Fwd RL, Bump Fwd Back Fwd

1,2,3&4	Walk fwd LR Step fwd on L while bumping hips fwd back fwd
5,6,7&8	Walk fwd RL Step fwd on R while bumping hips fwd back fwd

Rock Fwd Back, Shuffle Back, Shuffle Back, 1/4 Shuffle, Shuffle Fwd

9,10	Rock/step fwd on L, Rock back on R
11&12	Shuffle back L,R,L
13&14	Making 1/4 right shuffle to the side stepping R,L,R
15&16	Shuffle fwd L,R,L

Toe Hold, &Toe Hold, &Heel &Heel, &Heel Hook Heel&

17,18	Touch R toe to right, Hold
&	Step R beside L
19,20	Touch L toe to left, Hold
&	Step L beside R
21&	Touch R heel fwd, Step R beside L
22&	Touch L heel fwd, Step L beside R
23&	Touch R heel to L knee
24&	Touch R heel fwd. Step R beside L

Original sheet by Jan Wyllie

Rock Fwd Back, Shuffle Back, Coaster, Step Pivot 1/4

25,26	Rock/step fwd on L, Rock back on R
27&28	Shuffle back L,R,L
29&30	Step back on R, Step L beside R, Step fwd on R (coaster)
31,32	Step fwd on L, Pivot 1/4 right transferring wt to R

*There is a tag at the end of wall 4 (facing front)
Fwd Back, Triple Step, Back Fwd, Triple Step

1,2,3&4	Rock/step fwd on L, Rock back on R, Triple step L,R,L (cha cha)
5,6,7&8	Rock/step back on R, Rock fwd on L, Triple step R,L,R (cha cha)

Although this is an easy dance, I hope you still find it interesting.
I must admit that I had never heard of this group of singers before…. McFLY
We all have needs of some sort…. even McFLYS
(McDonalds own brand of flies??)

See you on the floor sometime…. Jan   (-: