

The Mack



LEVEL: Intermediate Plus
 ARTIST: Nevada LENGTH: 2:46
 CHOREO: Chris Anderson (chrisedith56@hotmail.com)
 SPEED: -5% to Normal
 SEQUENCE: A B Chorus 1 Br A B** Chorus 2 A Br B Chorus 2 Ending
 WAIT: 16 beats, (When the singing starts)

Beat	Movement	Beat	Movement
<u>PART A (32 beats)</u>		<u>CHORUS 2 (32 beats)</u>	
8	2 Out There & Up	8	Back Up Flair No Turn
4	Roll the Dice (1/2 R)	4	Toe Buck Switch Up (1/2 L)
4	Triple Gallop	4	Fancy Double
8	2 Out There & Up	8	Back Up Flair No Turn
4	Roll the Dice (1/2 R)	4	Toe Buck Switch Up (1/2 L)
4	Triple Gallop	4	Fancy Double
<u>PART B (16 beats)</u>		<u>PART A (32 beats)</u>	
16	2 Slur Twisty Basics	8	2 Out There & Up
<u>CHORUS 1 (16 beats)</u>		4	Roll the Dice (1/2 R)
8	Back Up Flair No Turn	4	Triple Gallop
4	Toe Buck Switch Up No Turn	8	2 Out There & Up
4	Fancy Double (FWD)	4	Roll the Dice (1/2 R)
<u>BREAK (16 beats)</u>		4	Triple Gallop
4	Stomp Rock Heel	<u>BREAK (16 beats)</u>	
4	Stomp Triple Brush (1/2 R)	4	Stomp Rock Heel
4	Stomp Rock Heel	4	Stomp Triple Brush (1/2 R)
4	Stomp Triple Brush (1/2 R)	4	Stomp Rock Heel
<u>PART A (32 beats)</u>		4	Stomp Triple Brush (1/2 R)
8	2 Out There & Up	<u>PART B (16 beats)</u>	
4	Roll the Dice (1/2 R)	16	2 Slur Twisty Basics
4	Triple Gallop	<u>CHORUS 2 (32 beats)</u>	
8	2 Out There & Up	8	Back Up Flair No Turn
4	Roll the Dice (1/2 R)	4	Toe Buck Switch Up (1/2 L)
4	Triple Gallop	4	Fancy Double
<u>PART B** (32 beats)</u>		8	Back Up Flair No Turn
8	Slur Twisty Basic	4	Toe Buck Switch Up (1/2 L)
8	Samantha Buck Basic	4	Fancy Double
8	Slur Twisty Basic	<u>ENDING (1/2 beats)</u>	
8	Samantha Buck Basic	1/2	Quick Stomp

Step Explanations for: 'The Mack'

OUT THERE & UP:

R(OTS) S TnDn(XIF) R(OTS) S TnUp
L R L R L R
& 1 e&a2 & 3 e&a4

ROLL THE DICE: (In this dance 1/2 R)

DS DS(XIF) DR [BA(XIB) BA BA] (3/4 R)
L R R L R L
&1 &2 & 3 & 4

TRIPLE GALLOP:

DS DS DS BA H-BA
R L R L R R
&1 &2 &3 & a 4

SLUR TWISTY BASIC:

DS(OTS) SLR-S(XIB) BA(OTS) BA(XIF) BA(OTS) S(XIB) DS(OTS) SLR-S(XIB) DS RS
L R R L R L R L R R L RL
&1 & 2 & 3 & 4 &5 & 6 &7 &8

BACK UP FLAIR: (In this dance NO TURN)

DS BA(F) S(BK) K(FLR 1/4 R) S(BK) BA(F) S(BK) K(FLR) S(BK) BA S(BK) PULL-S RS
L R L R R L R L L R L R R LR
&1 & 2 & 3 & 4 & 5 & 6 & 7 &8

TOE BUCK SWITCH UP: (In this dance No Turn or 1/2L)

DS [BA(FWD) T-BA] (1/2 L) HD/BA LIFT/SL RS
L R L L L /R L /R LR
&1 & a 2 & 3 &4

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

STOMP ROCK HEEL:

(P) STO(OTS) DS(XIF) DS(OTS) R(XIB) BA/HD
L R L R L/R
& 1 &2 &3 & 4

STOMP TRIPLE BRUSH: (In this dance 1/2 R on beats &2&3)

(P) STO DS DS BR H
L R L R L
& 1 &2 &3 & 4

SAMANTHA BUCK BASIC:

DS DS(XIF) DR S(BK) DR S(BK) RS DS DBL-BA H-BA H-BA
L R R L L R LR L R R L L R R
&1 &2 & 3 & 4 &5 &6 &a 7 e & a 8

QUICK STOMP:

STO
L
&