

# MFC

**Choreographer:** DJ Dan & Winnie

**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Intro:** 38 counts

**Music:** "MFC (Mama's fried chicken)" by Billy Yates



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## [1-8] JAZZ BOX CROSS, CHASSE, BACK ROCK

1-4 Cross Right over Left. Step Left back. Step Right to right side. Cross Left over Right.  
5&6 Step Right to right side. Step Left next to Right. Step Right to right side.  
7-8 Rock Left back. Recover onto Right.

## [9-16] SIDE. TOUCH, HEEL-BALL-STEP, ROCK STEP, SHUFFLE 1/2 TURN

1-2 Step Left to left side. Touch Right next to Left.  
3&4 Touch Right heel forward. Step on ball of Right next to Left. Step Left forward.  
5-6 Rock Right forward. Recover onto Left.  
7&8 Shuffel 1/2 turn right stepping Right, Left, Right [6]

## [17-24] SIDE, BEHIND, 1/4 TURN SHUFFLE FWD, STEP, 1/2 PIVOT TURN, WALK, WALK

1-2 Step Left to left side. Step Right behind Left.  
3&4 Make 1/4 turn left shuffle forward stepping Left, Right, Left. [3]  
5-6 Step Right forward. Pivot 1/2 turn left. [9]  
7-8 Step Right forward. Step Left forward.

## [25-32] STEP, 1/8 PIVOT TURN LEFT, 4X (Completing 1/2 turn left)

1-2 Step Right forward. Pivot 1/8 turn left.  
3-4 Step Right forward. Pivot 1/8 turn left.  
5-6 Step Right forward. Pivot 1/8 turn left.  
7-8 Step Right forward. Pivot 1/8 turn left. [3]

*Option, move your hips.*

## Repeat

**Tag: 6 counts after wall 3 [9].**

### STEP FWD, HEEL FWD, STEP BACK, TOE BACK, WALK, WALK

1-2 Step Right forward. Touch Left heel forward (clap).  
3-4 Step Left back. Touch Left toe back (clap)  
5-6 Step Right forward. Step Left forward.

**Restart dance from the beginning.**

**Tag: 8 counts after wall 5 [3] & 6 [6].**

### STEP FWD, HEEL FWD, STEP BACK, TOE BACK, X2

1-2 Step Right forward. Touch Left heel forward (clap).  
3-4 Step Left back. Touch Left toe back (clap)  
5-6 Step Right forward. Touch Left heel forward (clap).  
7-8 Step Left back. Touch Left toe back (clap)

**Restart dance from the beginning.**



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