

# Mood Swing

**COPPER KNOB**  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate/Advanced west  
coast swing



**Chorégraphe:** John Dembiec (USA)

**Musique:** Badmood - Lonnie Gordon

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## **KNEE TURN, ¼ TURN KICK, JAZZ, ¼ SWIVEL, FULL SPIRAL, SHUFFLE**

- 1-2 Turn right knee inward, making ¼ turn right, kick right forward  
3&4 Step right over left, step left back, step right to right  
5 Swivel ¼ turn to right on both feet  
6 With weight on right, turn a full turn to left with left crossed over right  
7&8 Shuffle forward left, right, left

## **PRESS, FOOT FLICK, BACK LOCK, ¼ & ½ TURNS, BACK COASTER**

- 1-2 Press right forward, recover to left with right foot flick forward  
3&4 Step right back, step left over right, step right back  
5 Making ¼ turn left on right foot, step left to left  
6 Pivoting on left, make ½ turn left stepping back on right  
7&8 Step left back, step right next to left, step left forward

## **STEP, ½ TURN, SHUFFLE, ROCK, ¼ TURN, STEP CROSS STEP**

- 1-2 Step right forward, pivot ½ turn left onto left  
3&4 Shuffle forward right, left, right  
5-6 Rock left forward, replace to right making ¼ turn left  
7&8 Step left to left, step right over left, step left to left

## **SAILOR, STEP, ¾ UNWIND, STEPS FORWARD AND BACK**

- 1&2 Step right behind left, step left to left, step right next to left  
3-4 Step left behind right, unwind ¾ turn to left  
5-6 Step right diagonal forward right, step left diagonal forward left  
7-8 Step right back, step left next to right

**REPEAT**

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