

# Mood Swing

COPPER KNOB  
STEPSHEETS

拍数: 96      墙数: 4      级数: Phrased Improver / Intermediate  
编舞者: Karen Dawson (NZ) - February 2018  
音乐: Mood Swing Thing-a-Ling - Marian Burns : (iTunes)



## #16 count introduction

Sequence : AAB A(32 counts) Tag1 A B(40 counts) AA Tag2 Finish

### Part A (48 counts)

#### A[1-8] R TOE STRUT, L CROSS TOE STRUT, SIDE ROCK, RECOVER, CROSS, HOLD

1,2,3,4      R toe to right side, drop R heel, cross L toe over right, drop L heel  
5,6,7,8      Rock R to side, recover weight on L, cross R over left, hold.

#### A[9-16] L TOE STRUT, R CROSS TOE STRUT, SIDE ROCK, RECOVER, CROSS, HOLD

1,2,3,4      L toe to left side, drop L heel, cross R toe over left, drop R heel  
5,6,7,8      Rock L to side, recover weight on R, cross L over right, hold.

#### A[17-24] CHARLESTON SWEEPS WITH HOLDS, L COASTER,

1,2,3,4      Sweep R fwd, hold, sweep/step R back, hold  
5,6,7,8      Step L back, step R together, step L fwd, hold

#### A[25-32] RIGHT LOCK FWD, HOLD, ¼ PIVOT R, CROSS, HOLD

1,2,3,4      Step R fwd, lock L behind right, step R fwd, hold  
5,6,7,8      Step L fwd, pivot ¼ right taking weight on R, cross L over right, hold

#### A[33-40] EXTENDED VINE

1,2,3,4      Step R to side, cross L behind right, step R to side, cross L over right  
5,6,7,8      Step R to side, cross L behind right, step R to side, cross L over right

#### A[41-48] SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD

1,2,3,4      Rock R to side, recover weight on L, cross R over left, hold  
5,6,7,8      Rock L to side, recover weight on R, cross L over right, hold

### Part B (48 counts)

#### B[1-8] TOE STRUT, TOE STRUT, CHARLESTON SWEEPS WITH HOLDS

1,2,3,4      R toe fwd, drop R heel, L toe fwd, drop L heel  
5,6,7,8      Sweep R fwd, hold, sweep/step R back

#### B[9-16] SWEEP/STEP L BACK, HOLD, SWEEP/STEP R BACK, HOLD, COASTER STEP

1,2,3,4      Sweep/step L back, hold, sweep/step R back, hold  
5,6,7,8      Step L back, step R together, Step L fwd, hold

#### B[17-24] TOE STRUT, TOE STRUT, CHARLESTON SWEEPS WITH HOLDS

1,2,3,4      R toe fwd, drop R heel, L toe fwd, drop L heel  
5,6,7,8      Sweep R fwd, hold, sweep/step R back

#### B[25-32] SWEEP/STEP L BACK, HOLD, SWEEP/STEP R BACK, HOLD, COASTER STEP

1,2,3,4      Sweep/step L back, hold, sweep/step R back, hold  
5,6,7,8      Step L back, step R together, Step L fwd, hold

#### B[33-40] SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD

1,2,3,4      Rock R to side, recover weight on L, cross R over left, hold  
5,6,7,8      Rock L to side, recover weight on R, cross L over right, hold

**B[41-48] R LOCK FWD, HOLD, ¼ PIVOT, CROSS, HOLD**

1,2,3,4 Step R fwd, lock L behind right, step R fwd, hold

5,6,7,8 Step L fwd, pivot ¼ right taking weight on R, cross L over right, hold

**Tag 1 (8 Counts)**

**[1-8] SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD**

1,2,3,4 Rock R to side, recover weight on L, cross R over left, hold

5,6,7,8 Rock L to side, recover weight on R, cross L over right, hold

**TAG 2 (16 counts)**

**T[1-8] EXTENDED VINE**

1,2,3,4 Step R to side, cross L behind right, step R to side, cross L over right

5,6,7,8 Step R to side, cross L behind right, step R to side, cross L over right

**T[9-16] SIDE ROCK, RECOVER, CROSS, HOLD, SIDE ROCK, RECOVER, CROSS, HOLD**

1,2,3,4 Rock R to side, recover weight on L, cross R over left, hold

5,6,7,8 Rock L to side, recover weight on R, cross L over right, hold

**Finish**

**Do the first 12 counts of Tag 2, then add the following 4 counts**

1,2,3,4 Rock L to side, turn ¼ right taking weight on R, touch L heel fwd, hold.

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Last Update – 23rd March 2018

<https://itunes.apple.com/nz/album/mood-swing-thing-a-ling/1197332537?i=1197333831>

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