

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>
