

In The Mood

COPPER KNOB
BY STEPHEN METZ

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Irene Groundwater (CAN)
音乐: In the Mood - Glen Miller



Sequence: If you get the music from the CD called The Legend (Riverboat Music CD) or Strictly Dancing Vol. 3, then the sequence is AA, BBBB, CB, DADADA, A (1-40), A (1-32). For other versions of the music, the sequence is AA, BBBB, CB, DADADDA, A (1-40), A (1-32)

Dedicated to my sister, Joyce, and her late husband Nelson Lee. It was their favorite tune.

Part A is the steps to my other dance, "You Ain't Nothing But". Part B is the steps to my other dance "It's Jailhouse Rock Time"

PART A

SWIVELS TO RIGHT, HEELS, HOLD, TOES, HOLD, HEELS, TOES, CENTER, HOLD

1-4 Swivel heels diagonal right, hold, swivel toes diagonal right, hold
5-8 Swivel heels diagonal right, swivel toes diagonal right, swivel heels center, hold

Option:

1 Point hands to right
3 Point hands to left
5-6-7 Point hands right-left-right

POINT FORWARD, HOLD, BACK, HOLD, POINT BACK, HOLD, CLOSE, HOLD

9-12 Point right toe forward, hold, right back, hold
13-16 Point left toe back, hold, close left to right, hold

Option: right forward, left back, right back, hold, left back, right forward, left forward, hold

SWIVELS TO LEFT, HEELS, HOLD, TOES, HOLD, HEELS, TOES, CENTER, HOLD

17-20 Swivel heels diagonal left, hold, swivel toes diagonal left, hold
21-24 Swivel heels diagonal left, swivel toes diagonal left, swivel heels center, hold

Option:

17 Point hands to left
19 Point hands to right
21-22-23 Point hands left-right-left

POINT FORWARD, HOLD, BACK, HOLD, POINT BACK, HOLD, CLOSE, HOLD

25-28 Point right toe forward, hold, right back, hold
29-32 Point left toe back, hold, close left to right, hold

Option: right forward, left back, right back, hold, left back, right forward, left forward, hold

BRUSH, DIAGONAL FORWARD, BRUSH, DIAGONAL FORWARD

33-34 Brush right forward beside left, (continue brush) right diagonal forward to right (like a sweep step)
35-36 Brush left forward beside right, (continue brush) left diagonal forward to left (like a sweep step)

BRUSH DIAGONAL FORWARD (4 TIMES)

37-38 Brush right diagonal forward and to right, brush left diagonal forward and to left
39-40 Brush right diagonal forward and to right, brush left diagonal forward and to left

Option: repeat steps 33-36

TOUCH, HOLD, PIVOT ½ TURN RIGHT WITH CLOSE SLIGHTLY APART, HOLD

41-42 Touch right toe to right side, hold
43-44 Push off right toe pivoting ½ turn right on left ball as right closes slightly apart to left, hold

Option: look to the right on count 41 with right arm outstretched index finger pointing down, replace arm to normal position on count 43

CIRCULAR MOVEMENTS WITH HIPS FOR 4 COUNTS

45-48 Rotate hips to the right in a circular movement for 4 counts

Option: bump hips to right-left-right-left

PART B

TOE FORWARD, TAP HEEL 3 TIMES

1-4 Right toe forward, snap right heel down 3 times

Option: snap right fingers forward on counts 2, 3 and 4

FORWARD SHUFFLE, BRUSH

5-8 Left forward, close right to left, left forward, brush right forward beside left

TOE FORWARD, TAP HEEL 3 TIMES

9-12 Right toe forward, snap right heel down 3 times

Option: snap right fingers forward on counts 2, 3 and 4

FORWARD SHUFFLE, BRUSH

13-16 Left forward, close right to left, left forward, brush right forward beside left

SIDE-HEEL-TOE-HEEL, DRAG

17-18 Side step right with heel turned right, swivel right toe right dragging left toe right

19-20 Swivel right heel right dragging left toe right, touch left toe beside right instep

Option: side step right, close left to right, side step right, touch left beside right

Option 2: side step right, drag left towards right for two counts, touch left beside right

Special thanks to Bill Bader for the Option 2 suggestion in Part B

SIDE-HEEL-TOE-HEEL, DRAG

21-22 Side step left with heel turned left, swivel left toe left dragging right toe left

23-24 Swivel left heel left dragging right toe left, touch right toe beside left instep

Option: side step left, close right to left, side step left, touch right beside left

Option 2: side step left, drag right towards left for two counts, touch right beside left

KICK-BALL-CHANGE, FORWARD, PIVOT ¼ TURN LEFT

25&26 Kick right foot forward, step down on right ball, replace weight on left

27-28 Right forward, pivot ¼ turn left onto left foot

Option: right forward, hold, pivot ¼ turn left onto left foot, hold

Option: make circular movement to the right with hips on these steps

KICK-BALL-CHANGE, FORWARD, PIVOT ¼ TURN LEFT

29&30 Kick right foot forward, step down on right ball, replace weight on left

31-32 Right forward, pivot ¼ turn left onto left foot

Option: right forward, hold, pivot ¼ turn left onto left foot, hold

Option: make circular movement to the right with hips on these steps

PART C

SWIVELS TO RIGHT, HEELS, HOLD, TOES, HOLD, HEELS, TOES, CENTER, HOLD

1-4 Swivel heels diagonal right, hold, swivel toes diagonal right, hold,

5-8 Swivel heels diagonal right, swivel toes diagonal right, swivel heels to center, hold

Option

1 Point hands to right

3 Point hands to left

5-6-7 Point hands right-left-right

SWIVELS TO LEFT, HEELS, HOLD, TOES, HOLD, HEELS, TOES, CENTER, HOLD

9-12 Swivel heels diagonal left, hold, swivel toes diagonal left, hold

13-16 Swivel heels diagonal left, swivel toes diagonal left, swivel heels to center hold

Option:

9 Point hands to left

11 Point hands to right

13-14-15 Point hands left-right-left

PART D

POINT FORWARD, HOLD, BACK, HOLD

1-4 Point right toe forward, hold, right foot back, hold

Option: right forward, left back, right back, hold

POINT BACK, HOLD, CLOSE, HOLD

5-8 Point left toe back, hold, close left foot to right foot

Option: left back, right forward, close left to right, hold
