

Dancing Mood

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 4 級數: High Intermediate
編舞者: Lilian Lo (HK) - February 2017
音樂: I'm In the Mood for Dancing - The Nolans : (Album: I'm inThe Mood for Dancing - iTunes)



Count in: 32 counts (0.19 mins.) – A-32, B-32, Tag-12
Phrasing: ABA Tag B ABA* BB

Part A: 32 counts

A (1 – 8) Back, walk 3x, point 3x, behind, turn, step fwd

&1 2 3 4 RF small step back on ball (&), LF step fwd (1), RF step fwd (2), LF step fwd (3), RF point fwd (4) @12:00
5 6 7&8 RF point back (5), RF point R (6), hold (7), RF cross behind (&), ¼T L step LF fwd (8) @3:00

A (9 – 16) Step, turn, turn, side, cross, side, behind, unwind, heel jack 2x, turn, close

1 2&3&4 RF step fwd (1), ½T L step LF fwd (2), ¼T L step RF to side (&), LF cross over RF (3), RF step to side (&), LF cross behind (4) @12:00
5 6&7&8& Unwind ½T L, weight ending on RF (5), LF tap diagonal fwd L (6), LF close (&), RF cross over LF (7), LF step to side (&), RF tap diagonal fwd R (8), ¼T R, close RF (&) @ 9:00

A (17 – 24) Walk 3x, heel twist, step, pedal 2x

1 2 3 4 LF step fwd (1), RF step fwd (2), LF step fwd (3), RF toe tap fwd heel in (4)
5 6 7 8 RF toe tap fwd heel out (5), RF step fwd (6), LF tap fwd pivot ¼T R (7), LF tap fwd pivot ¼T R (8) @3:00

A (25 – 32) Step, turn, step, turn, back 2x, coaster fwd

1 2 3 4 LF step fwd (1), 1T L close RF (2), LF step fwd (3), ½T L, RF step back (4) @9:00
5 6 7&8 LF step back (5), RF step back (6), LF step back (7), close RF (&), LF step fwd (8)

Part B: 32 counts

B (1 – 8) Out 2x, in 2x, turning kick ball change 2x

1 2 3 4 RF step to side, raise R arm (1), LF step to side, raise L arm (2), bring RF to center, slap R hand on L hip (3), Bring LF to center, slap L hand on R hip (4) @9:00
5&6 7&8 RF kick across LF (5), ¼T R, close RF (&), close LF (6), RF kick across LF (7), ¼T R, close RF (&), close LF (8) @6:00

B (9 – 16) Skate R L, shuffle, skate L R, shuffle

1 2 3&4 RF skate diagonal R fwd, raise R arm and point at upper diagonal R (1), LF skate diagonal L fwd, drop R arm and point at lower diagonal L (2), RF step diagonal R fwd (3), LF close (&), RF step fwd (4), both hands chopping on count 3, 4 @ 6:00
5 6 7&8 Repeat above 4 counts starting with LF (5,6,7&8) @6:00

B (17 – 24) Repeat count 1 – 8 @12:00

B (25 – 32) Rolling vine, tap, rolling vine, tap

1 2 3 4 ¼T R step RF fwd (1), ½T R step LF back (2), ¼T R step RF side (3), LF tap behind RF, clap once (4) @12:00
5 6 7 8 Repeat the last 4 counts starting with LF, clap twice (5,6,7,8) @12:00

Tag: 12 counts

T (1 – 8) Step diagonal, bump hip, step diagonal, bump hip, tap

1 2 3 4 RF step diagonal R split weighted bumping hip 4 x ending with weight on RF, raise arms and lower them while hip bumping (1,2,3,4) @6:00

5 6 7 8 LF step diagonal L bumping hip 3 x ending with weight on LF, raise arms and lower them while hip bumping (5,6,7), tap RF next to LF (8) @6:00

T (9 – 12) Knee pop 4x

1 2 3 4 L knee pop, lower RF (1), R knee pop (2), L knee pop (3), R knee pop (4), slowly lowering upper body

Part A*: On Count 28, tap RF next to LF instead of stepping back. Cut out Count 29-32.

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