

Easy-Going Mood

COPPER **KNOB**
BY STEPHEN

拍數: 40 牆數: 1 級數: Absolute Beginner
編舞者: Helaine Norman (USA) - June 2020
音樂: In the Mood - Glenn Miller



Intro: 14 seconds

Note: I choreographed this specifically for a new Absolute Beginner class I teach on Zoom with senior students who have never danced and can not see me when they turn to 6:00

I. SHUFFLES X 2

1-4 Step R forward, step L together, step forward, touch L together
5-8 Step L forward, step R together, step L forward, touch R together

Options for 4 and 8: brush or hold

II. STEPS BACKWARD X4

1-4 Touch R back and drop R heel (with weight); touch L toe back and drop L heel (with weight)
5-8 Repeat 1-4

Optional for 1-8: Toe Struts backward

III. STEP TOUCHES

1-4 Step R side, touch L together; step L side. Touch R together
5-8 Step R side, step L together, step L side, touch R together

Optional for 1-4: Sway R 2 counts, sway L 2 counts

IV. STEP TOUCHES

1-4 Step R side, touch L together; step L side. Touch R together
5-8 Step R side, step L together, step L side, touch R together

Optional for 1-4: Sway L 2 counts, sway R 2 counts

V. ¼ TURN JAZZ BOX

1-4 Step R over L, step L back
5-8 Step R side making ¼ turn right, step L together (3:00)

VI. 1/4 L TURN TOUCH STEP X 4

Options for 1-8:

1-4 Touch R side and step R together making 1/8 turn left; touch L side and step L together making 1/8 turn left.
5-8 Repeat 1-4 (12:00)

Repeat

Note: I chose to have no restarts since there could be many and it is an AB level.

Contact: helaine43@gmail.com

Last Update: 12 Sep 2022