

# Swing My Soul

**COPPER KNOB**  
BY SHEETS

拍數: 48                      牆數: 4                      級數: Improver  
編舞者: Wenarika Josephine (INA) - February 2021  
音樂: It's My Soul (feat. Lynn August) - Willie Tee & Cypress



**Intro music 48 counts - NO TAG NO RESTART**

## **Sect 1: SIDE SHUFFLES, WALK BACK, BACK MAMBO**

1 & 2                      Step L to side - R beside L - L to side  
3 & 4                      Step R to side - L beside R - R to side  
5 - 6                      step L back - R back  
7 & 8                      Rock L back - recover on R - step L forward

## **Sect 2: TOE STRUTS FORWARD, FORWARD ROCK , ¼ TURN RIGHT SHUFFLE**

1 - 2                      Touch R forward - drop R heel  
3 - 4                      Touch L forward - drop L heel  
5 - 6                      Rock R forward - recover on L  
7 & 8                      ¼ turn right step R to side - L beside R - step R to side.... (3.00)

## **Sect 3: CROSS, SIDE TOUCH, MODIFIED JAZZ BOX**

1 - 2                      Cross L over R - touch R to side  
3 - 4                      Cross R over L - touch L to side  
5 - 6 &                      Cross L over R - step R back - L to side  
7 - 8                      Cross R over L - step L to side

## **Sect 4: BACK ROCK , SIDE SHUFFLE, BACK ROCK, SLIDE & DRAG**

1 - 2                      Cross rock R behind L - recover on L  
3 & 4                      Step R to side - L beside R - R to side  
5 - 6                      Cross rock L behind R - recover on R  
7 - 8                      Slide L to side - drag R towards L

## **Sect 5: SUGAR STEP, ½ TURN RIGHT, HOLD**

1 - 3                      Swivel R toe and knee in - swivel R heel and knee out - cross R over L  
4 - 6                      Swivel L toe and knee in - swivel L heel and knee out - cross L over R  
7 - 8                      Turn ½ right - hold ..... (9.00)

## **Sect 6: FORWARD SHUFFLE, JAZZ BOX TOUCH**

1 & 2                      Shuffle forward on R-L-R  
3 & 4                      Shuffle forward on L-R-L  
5 - 8                      Cross R over L - step L back - step R to side - touch L beside R

Contact email : [wenarikajosephine@gmail.com](mailto:wenarikajosephine@gmail.com)