

Shag Mixer (P)

COPPER KNOB
BY STEPHEN BRETZ

拍數: 36 牆數: 0 級數: Partner
編舞者: Ron Kline (USA)
音樂: Dancin', Shaggin' On the Boulevard - Alabama



Position: In circle formation, start with man's (leader's) back to center of circle. Lady (follower) faces man.
Man holds lady's right hand in his left.

Pay special attention to the mixing description at the end of the dance pattern!!

SIDE SHUFFLES, CROSS SHUFFLES, REVERSE ROLLING VINE WITH STEP (TRAVELING DOWN LOD)

1&2 **MAN:** Step left foot to left side, step right foot next to left, step left foot to

left side

LADY: Step right foot to right side, step left foot next to right, step right foot to right side

3&4 **MAN:** (angling body slightly towards down LOD) cross step right foot over left, step left foot to left side, cross step right foot over left

LADY: (angling body slightly towards down LOD) cross step left foot over right, step right foot to right side, cross step left foot over right

5-8 **MAN:** Step left foot to left side prepping heel to left (release hands), pivot on left foot $\frac{1}{2}$ to the right (backward) stepping right foot to right side, finish the full turn pivoting on right foot $\frac{1}{2}$ to the right stepping left foot to left side, step right foot next to left (pick up hands again)

LADY: Step right foot to right side prepping heel to right (release hands), pivot on right foot $\frac{1}{2}$ to the left (backward) stepping left foot to left side, finish the full turn pivoting on left foot $\frac{1}{2}$ to the left stepping right foot to right side, step left foot next to right (pick up hands again)

SHAG STEPS, COASTER STEP (KEEP THESE STEPS SMALL)

9&10 **MAN:** Step slightly forward on left foot, step right foot next to left, step slightly back on left foot

LADY: Step slightly forward on right foot, step left foot next to right, step slightly back on right foot

11&12 **MAN:** Step back slightly on right foot, step left foot next to right, step slightly forward on right foot

LADY: Step back slightly on left foot, step right foot next to left, step slightly forward on left foot

13-14 **MAN:** Keeping feet in position, rock back on left foot, shift weight forward onto right foot

LADY: Keeping feet in position, rock back on right foot, shift weight forward onto left foot

15&16 **MAN:** Step back slightly on ball of left foot, step on ball of right foot next to left, step forward on left foot

LADY: Step back slightly on ball of right foot, step on ball of left foot next to right, step forward on right foot

SIDE SHUFFLES, CROSS SHUFFLES, REVERSE VINE WITH TOUCH (TRAVELING UP LOD)

17&18 **MAN:** Step right foot to right side, step left foot next to right, step right foot to right side

LADY: Step left foot to left side, step right foot next to left, step left foot to left side

19&20 **MAN:** (angling body slightly towards RLOD) cross step left foot over right, step right foot to right side, cross step left foot over right

LADY: (angling body slightly towards RLOD) cross step right foot over left, step left foot to left side, cross step right foot over left

21-24 **MAN:** Step right foot to right side prepping heel to right (release hands), pivot on right foot $\frac{1}{2}$ to the left (backward) stepping left foot to left side, finish the full turn pivoting on left foot $\frac{1}{2}$ to the left stepping right foot to right side, touch left foot next to right (pick up hands again)

LADY: Step left foot to left side prepping heel to left (release hands), pivot on left foot $\frac{1}{2}$ to the right (backward) stepping right foot to right side, finish the full turn pivoting on right foot $\frac{1}{2}$ to the right stepping left foot to left side, touch right foot next to left (pick up hands again)

SHAG STEPS, ROCK STEP (KEEP THESE STEPS SMALL)

- 25&26 **MAN:** Step slightly forward on left foot, step right foot next to left, step slightly back on left foot
 LADY: Step slightly forward on right foot, step left foot next to right, step slightly back on right foot
- 27&28 **MAN:** Step back slightly on right foot, step left foot next to right, step slightly forward on right foot
 LADY: Step back slightly on left foot, step right foot next to left, step slightly forward on left foot
- 29-30 **MAN:** Keeping feet in position, rock back on left foot, shift weight forward onto right foot
 LADY: Keeping feet in position, rock back on right foot, shift weight forward onto left foot
- 31-32 **MAN:** Keeping feet in position, rock back on left foot, shift weight forward onto right foot
 LADY: Keeping feet in position, rock back on right foot, shift weight forward onto left foot

THE MIX (VINE LEFT)

RELEASE HANDS

- 33-36 **MAN:** Step left foot to left side (tipping hat if wearing one), cross step right foot behind left, step left foot to left side, step right foot next to left (right takes weight)
 LADY: Cross step right foot behind left (slightly lifting right side of skirt with right hand if wearing one as in a curtsy), step left foot to left side, step right foot next to left, step left foot in place (left takes weight)

Pick up single hand position to start dance pattern again.

REPEAT

Special note:

"The mix" is not used on each pattern. Dance the entire pattern including "the mix" with your original partner. From that point on, beginning with your new partner, you will dance the first 32 counts twice then do "the mix" for the remainder of the song. This does not work with the dance mix of the song. To do this dance without mixing on counts 33-36 simply rock hips side to side down LOD, up LOD, down LOD, up LOD.
