

# Swing Mixer (P)

COPPER KNOB  
BY STEPHEN BRETZ

拍數: 36      牆數: 0      級數: Partner  
編舞者: Unknown  
音樂: A Real Good Way to Wind Up Lonesome - James House



**Position: Man facing outside of circle, lady facing inside of circle in basic Swing position. Lady's right hand in man's left extended, man's right hand on Lady's back just below left shoulder lady's left hand resting just above Man's right elbow. Man facing outside of LOD, lady facing inside LOD.**

## LADY

1&2      Shuffle in place - right, left, right  
3&4      Shuffle in place - left, right, left (maintain hand contact as you)  
5      Twist body slightly right to face LOD step back on right foot and rock on it  
6      Step forward on left foot to face partner  
7&8      Shuffle in place - right, left, right  
9&10      Shuffle in place - left, right, left  
11      Twist body slightly right to face LOD step back on right foot and rock on it  
12      Step forward on left foot to face partner  
13&14      Drop left hand as you move slightly to the right and shuffle - right left, right to complete a ½ turn right  
15&16      Move slightly left as you shuffle to complete a ½ turn right - left, right, left to face partner

**Lady makes a full turn. Do not pick up hands.**

17      Step back on right foot and rock on it  
18      Step forward on left foot  
19&20      Raise right hand and shuffle forward right, left, right to pass right shoulders in front of the man  
21&22      Turn ½ to your left under raised hands and shuffle back - left, right, left to face outside of circle  
23      Step back on right foot and rock on it  
24      Step forward on left foot  
25&26      Raise right hand and shuffle forward right, left, right to pass right shoulders in front of man  
27&28      Turn ½ to your right and shuffle back - left, right, left to face inside of circle

**Do not pick up hands**

29      Step back on right foot and rock on it  
30      Step forward on left foot  
31&32      Pivot on the ball of your left foot and swing right foot across left to begin a ½ turn left, shuffle toward RLOD - right, left, right  
33&34      Turn ½ left as you shuffle - left, right, left (full turn to face new partner)

**Pick up original hand hold.**

35      Step back on right foot and rock on it  
36      Step forward on left foot

## REPEAT

### MAN

1&2      Shuffle in place - left, right, left  
3&4      Shuffle in place - right, left, right (maintain hand contact as you)  
5      Twist body slightly left to face LOD step back on left foot and rock on it  
6      Step forward on right foot to face partner

- 7&8 Shuffle in place - left, right, left  
9&10 Shuffle in place - right, left, right  
11 Twist body slightly left to face LOD step back on left foot and rock on it  
12 Step forward on right foot to face partner  
13&14 Drop right hand, raise left hand to lead lady, move slightly left and shuffle in place - left, right, left  
15&16 Move slightly right as you shuffle in place - right, left, right

**Lady makes a full turn. Do not pick up hands.**

- 17 Step back on left foot and rock on it  
18 Step forward on right foot  
19&20 Raise left hand and shuffle forward left right, left to pass right shoulders behind the lady  
21&22 Turn ½ to your right and shuffle back right, left, right to face inside of circle  
23 Step back on left, foot and rock on it  
24 Step forward on right foot  
25&26 Raise left hand and shuffle forward left, right, left, to pass right shoulders behind the lady  
27&28 Turn ½ to your left under raised hands and shuffle back - right, left, right to face outside of circle

**Do not pick up hands**

- 29 Step back on left foot and rock on it  
30 Step forward on right foot  
31&32 Pull slightly with your left hand to lead the lady in a full turn left and drop hands, turn and shuffle toward LOD - left, right, left  
33&34 Shuffle forward - right, left, right

**Pick up original hand hold**

- 35 Step back on left foot and rock on it  
36 Step forward on right foot

**REPEAT**

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