

Swing Mixer (P)

COPPER KNOB
BY STEPHENETS

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
