

Mood For Dancing

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kim Nolan (UK) - April 2013
音樂: I'm In the Mood for Dancing - The Nolans : (iTunes etc.)



Intro: Count 32

S1: Walk x 2, Kick Ball Point, Walk x 2, Kick Ball Point

1-3&4 Walk fwd R, L, kick R fwd, step R in place, point L to L side
5-7&8 Walk fwd L, R, kick L fwd, step L in place, point R to R side

S2: Forward Rock, R Diag Back Chasse, L Diag Back Chasse, Back Rock

1-2 R fwd Rock, recover weight to left
3 & 4 (on R diagonal) step R back, step L to instep of R, step R back
5 & 6 (on L diagonal) step L back, step R to instep of L, step L back
7-8 Back R Rock, recover

S3: (twist hips as you Sync Cont. Vine) Side, Cross, Side, Cross, Rock, Cross (repeat sequence to Left)

&1&2&3&4 Step R to side, cross L behind R, step R to side, cross L over R, rock R to side, recover, cross R over L
&5&6&7&8 Step L to side, cross R behind L, L to side, cross R over L, rock L to side, recover, cross L over R

S4: R & L Sailor steps, Syncopated Rocks with ¼ Turn

1 & 2 Step R behind left, step L to side, step R next to left (sway arms R to L)
3 & 4 Step L behind right, step R to side, step L next to right (sway arms L to R)
5&6 Rock R over L, recover, rock R back, recover
7&8& Turn ¼ R (3:00) rock R over L, recover, rock R back, recover

(Repeat Routine)

TAG: 1 x 16ct Tag near end of 3rd Wall, after ct 28 (L Sailor)

Left Sync Weave, Hold, Flick, L & R Sailor steps

1&2,3,4 Cross R behind left, step L to side, cross R in front of L, hold, flick L front L diag
5 & 6 Step L behind right, step R to side, step L next to right (sway arms L to R)
7 & 8 Step R behind left, step L to side, step R next to left (sway arms R to L)

Right Sync Weave, Hold, Flick, R & L Sailors

1&2,3,4 Cross L behind R, step R to side, cross L in front of R, hold, flick R front R diag.
5 & 6 Step R behind left, step L to side, step R next to left (sway arms R to L)
7 & 8 Step L behind right, step R to side, step L next to right (sway arms L to R)

(start routine again)

1 Restart at 2m 30s (Wall 6 after count 28)

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