

# Mood For Dancing

COPPER KNOB  
BY STEPHEN

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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