

# Mood For Dancing

**COPPER KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Kim Nolan (UK) - April 2013

**Music:** 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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