

# Easy-Going Mood

**COPPER KNOB**  
STEPSHEETS

拍數: 40      牆數: 1  
編舞者: Helaine Norman (USA) - June 2020  
音樂: In the Mood - Glenn Miller



Intro: 14 seconds

Note: I choreographed this specifically for a new Absolute Beginner class I teach on Zoom with senior students who have never danced and can not see me when they turn to 6:00

## I. SHUFFLES X 2

1-4              Step R forward, step L together, step forward, touch L together  
5-8              Step L forward, step R together, step L forward, touch R together

Options for 4 and 8: brush or hold

## II. STEPS BACKWARD X4

1-4              Touch R back and drop R heel (with weight); touch L toe back and drop L heel (with weight)  
5-8              Repeat 1-4

Optional for 1-8: Toe Struts backward

## III. STEP TOUCHES

1-4              Step R side, touch L together; step L side. Touch R together  
5-8              Step R side, step L together, step L side, touch R together

Optional for 1-4: Sway R 2 counts, sway L 2 counts

## IV. STEP TOUCHES

1-4              Step R side, touch L together; step L side. Touch R together  
5-8              Step R side, step L together, step L side, touch R together

Optional for 1-4: Sway L 2 counts, sway R 2 counts

## V. ¼ TURN JAZZ BOX

1-4              Step R over L, step L back  
5-8              Step R side making ¼ turn right, step L together (3:00)

## VI. 1/4 L TURN TOUCH STEP X 4

Options for 1-8:

1-4              Touch R side and step R together making 1/8 turn left; touch L side and step L together making 1/8 turn left.  
5-8              Repeat 1-4 (12:00)

Repeat

Note: I chose to have no restarts since there could be many and it is an AB level.

Contact: [helaine43@gmail.com](mailto:helaine43@gmail.com)

Last Update: 12 Sep 2022