

Lookin' Mighty Swell

COPPER KNOB
BY STEPHEN HETS

拍數: 80 牆數: 2 級數: Phrased Improver
編舞者: Rex Allott (UK) - April 2021
音樂: Bella Belle - The Electric Swing Circus



Sequence - A,B,C,A(omit S4.5-8&),A,B,C,A(omit S4. 5-8&),A,A,C (replace S4. with S2. to face front, then dance S2. 1-4 before stepping R diagonally R to finish)

Intro - 32 beats

A. 32 counts

S1. Step swivel 1/4 turn R x 2

1-2. Point R out R, turn 1/4 R swivelling on ball of L foot
3&4. Step L fwd next to R, step R back, step L next to R
5-8. Rpt 1-4

S2. Rpt S1.

S3. Heel flicks R,L, toe flicks R,L, heel struts fwd R,L,R,L

1&2&. Flick R heel out, in, flick L heel out, in
3&4&. Flick R toe out, in, flick L toe out, in
5-8. Heel struts fwd R,L,R,L

S4. Toe struts back R,L,R,L, heel flicks R,L, toe flicks R,L

1-4. Toe struts back R,L,R,L,
5-8. Rpt S3. 1-4

B. 16 counts

S1. Heel/toe swivels R,L, cross fwd R mambo, cross back R mambo

1&2. Swivel both heels R, both toes R, both heels R
3&4. Swivel both heels L, both toes L, both heels L
5&6. Step R over L, step back on L, step R next to L
7&8. Step R behind L, step fwd on L, step R next to L

S2. Cross fwd L mambo, cross back L mambo, heel/toe swivels L, R

1&2. Step L over R, step back on R, step L next to R
3&4. Step L behind R, step fwd on R, step R next to L
5&6. Swivel both heels L, both toes L, both heels L
7&8. Swivel both heels R, both toes R. Both heels L

C. 32 counts

S1. Monkey steps x 8, toe struts L

1&2&3&4 Fan both toes out, in as both heels fan out x 4 moving to R
5&6& Step right toe to R, drop heel, step L toe next to R, drop heel
7&8& Rpt 5&6&

S2. Knees in, out, hand cross x 2, toe struts 1/2 turn R

1&2&3&4 Placing hands over knees, fan knees in, out x 4, crossing hands x4
5&6& Turning 1/4 R step L toe to L, drop heel, step R toe next to L, drop heel
7&8& Rpt 5&6&

S3. Rpt S1.

S4. Knees in, out, hand cross x 2, toe struts R

1&2&3&4 Rpt S2. 1-4

5&6& Step L toe to L, drop heel, step R toe next to L, drop heel
7&8& Rpt 5&6&

Last Update: 26 Jan 2025
