

# Morning Noon And Night

**COPPER** KNOB  
STEPSHEETS

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Michele Perron (CAN)

Music: Morning, Noon and Night - Big Joe Turner



## **SIDE/ROCK, RECOVER, ACROSS, HOLD, 'BALL', CROSS, SIDE/ROCK, RECOVER, ACROSS**

- 1-2 Right rock/step to side right; left recover/step to side left
- 3-4 Right step across front of left; hold
- &5-6 Left toe/ball step to side left; right step across front of left; left rock/step to side left
- 7-8 Right recover/step to side right; left step across front of right

## **SIDE/ROCK, RECOVER, ACROSS, HOLD, 'BALL', CROSS, SIDE/ROCK, RECOVER, ACROSS**

- 1-2 Right rock/step to side right; left recover/step to side left
- 3-4 Right step across front of left; hold
- &5-6 Left toe/ball step to side left; right step across front of left; left rock/step to side left
- 7-8 Right recover/step to side right; left step across front of right

## **TOE-HEEL-ACROSS (SUGAR FOOT RIGHT); TOE-HEEL-ACROSS (SUGAR FOOT LEFT)**

- 1-2 Right toe touch to left instep; right heel 'touch' to side right
- 3-4 Right step across front of left; left toe touch to right instep
- 5-6 Left heel 'touch' to side left; left step across front of left
- 7-8 Right step back; turn ½ left with left step forward (6:00)

**Swivel naturally during sugar foot pattern**

## **TOE-HEEL-ACROSS (SUGAR FOOT RIGHT); TOE-HEEL-ACROSS (SUGAR FOOT LEFT)**

- 1-2 Right toe touch to left instep; right heel 'touch' to side right
- 3-4 Right step across front of left; left toe touch to right instep
- 5-6 Left heel 'touch' to side left; left step across front of left
- 7-8 Right step back; turn ½ left with left step forward (12:00)

**Swivel naturally during sugar foot pattern**

## **TRIPLE TURN, ROCK/BACK, RECOVER, TRIPLE TURN, ROCK/BACK, RECOVER**

- 1&2 Right triple steps with ¼ turn left (right step, left beside, right step) (9:00)
- 3-4 Left rock/step back; right recover/step forward
- 5&6 Left triple steps with ½ turn right (left step, right beside, left step) (3:00)
- 7-8 Right rock/step back; left recover/step forward

## **TRIPLE TURN, ROCK/BACK, RECOVER, TRIPLE TURN, ROCK/BACK, RECOVER**

- 1&2 Right triple steps with ¼ turn left (right step, left beside, right step) (12:00)
- 3-4 Left rock/step back; right recover/step forward
- 5&6 Left triple steps with ½ turn right (left step, right beside, left step) (6:00)
- 7-8 Right rock/step back; left recover/step forward

## **TOUCH/SWIVEL, ACROSS, TOUCH/SWIVEL, ACROSS, TOUCH/SWIVEL**

- 1 Right touch diagonal right forward (as you swivel/twist on left)
- 2 Right step across front of left
- 3 Left touch diagonal left forward (as you swivel/twist on right)
- 4 Left step across front of right
- 5 Right touch to side right; (as you swivel/twist on left)
- 6 Right touch diagonal right forward (as you swivel/twist on left)
- 7 Right touch to side right (as you swivel/twist on left)

8 Execute ¼ turn right with right step behind left (9:00)

**TOUCH/SWIVEL, BEHIND, TOUCH/SWIVEL, BEHIND, KICK/SWEEP, BEHIND, HOLD, UNWIND/TURN**

1-2 Left touch to side left; left step behind right

3-4 Right touch to side right; right step behind left

5-6 Left low kick and sweep (rondé) from front to back; left toe/ball 'step' crossed behind right

7-8 Hold; unwind with full turn left, weight on left (9:00)

**REPEAT**

**RESTART**

On the fourth rotation only, you will execute the first 48 counts of the dance, then begin again. This occurs during the instrumental section. It is easy to recognize.

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