

Good Morning

COPPER KNOB
BY PHIL SHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Phil Partridge (UK) - February 2019
音乐: Good Morning Beautiful - Nathan Carter



#18 count intro

Section 1: ROCK BACK, RECOVER, RUN RIGHT, LEFT, SIDE ROCK, & CROSS ¼ RIGHT, WEAVE RIGHT, & CROSS ROCK

- 1,2&3 Rock back on Right, recover onto Left, run forward Right, Left
4&5&6 Rock Right to Right side, recover onto Left, cross step Right over Left, make ¼ turn Right stepping back on Left, step Right to Right side
7&8&1 Cross Left over Right, step Right to Right side, step Left behind Right, step Right to Right side, cross rock Left over Right (3.00)

Section 2: BACK, ¼, ¼ LEFT, BEHIND, SIDE, CROSS, UNWIND ½ RIGHT, UNWIND ½ LEFT SWEEP, SAILOR ¼ LEFT

- 2&3 Step back on Right, make ¼ turn Left stepping forward Left, make ¼ turn Left stepping Right to Right side (9.00)
4&5 Cross Left behind Right, step Right to Right side, cross Left over Right
6,7 Unwind ½ turn Right (keeping weight on Right), unwind ½ turn Left sweeping Left from front to back (9.00)
8&1 Step Left behind Right, make ¼ turn Left stepping Right to Right side, step Left to Left side (6.00)

Section 3: CROSS, BACK, BACK 1/8 TURN RIGHT, BEHIND, 1/8 TURN RIGHT, STEP & STEP, ROCK, RECOVER, BACK, BACK, ½ TURN RIGHT STEP FORWARD

- 2&3 Cross step Right over Left making 1/8 turn Right, step back Left, step back Right
4&5&6 Step Left behind Right, make 1/8 turn Right stepping forward Right, step forward Left, Step Right beside Left, step forward Left (9.00)
7&8&1 Rock forward Right, recover onto Left, step back Right, step back Left, make ½ turn Right stepping forward Right (3.00)

Section 4: ROCK FORWARD, RECOVER, LEFT BEHIND & CROSS, SIDE ROCK, RECOVER, CROSS RIGHT, STEP BACK

- 2,3 Rock forward Left, recover onto Right sweeping Left from front to back
4&5 Step Left behind Right, step Right to Right side, cross step Left over Right
6,7 Rock Right to Right side, recover onto Left angling body slightly to Left diagonal
8& Cross step Right over Left, step back Left (straightening up to 3.00)

START OVER

Tag: Danced at end of Wall 4 facing 12.00

WALK BACK RIGHT, WALK BACK LEFT

- 1,2 Walk back on Right, walk back on Left

Ending: Dance all of section 1 but make ¼ turn Right stepping forward Right, Left on counts &1 to face front

Contact: phil@philthefloor.co.uk