

TV In The Morning

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: TV in the Morning - DNCE



Intro : 8 count (start on the lyrics)

[1-8] ROCK STEP R FWD, ANCHOR STEP R, STEP BACK L & R, COASTER STEP L

1-2 ROCK STEP R FWD : step forward R (1), recover weight L (2)
3&4 ANCHOR STEP R : R foot behind L foot (3) recover body weight L (&) recover R (4)
5-6 STEP BACK L & R : step back L (5) step back R (6)
7&8 COASTER STEP L : step back L (7) together R beside L (&) Forward L (8)

[9-16] TOE STRUT R FWD, TRIPLE STEP L FWD, POINT R FWD, ¼ TURN L, SAILOR STEP R

1-2 TOE STRUT R FWD : step R forward on the ball (1) pose R (2)
3&4 TRIPLE STEP LEFT FWD : step L forward (3), step R beside L (&), step L forward (4)
5-6 POINT R FWD: point R forward (5), ¼ TURN L : ¼ turn to the left (6) body weight L 9h
7&8 SAILOR STEP R : cross R behind L (7), Left foot L (&), Right foot R (8) body weight R

[17-24] ROCK STEP L FWD, ANCHOR STEP L, POINT R BACK ½ T, ANCHOR STEP R

1-2 ROCK STEP L FWD : step L forward body weight L (1), recover R (2)
3&4 ANCHOR STEP L : Left foot behind Right foot (3) body weight R (&) recover body weight L (4) – (style option with ANCHOR STEP : CHEST POP : push back shoulders pushing the bust forward (3) bring back shoulders (&) push back again shoulders pushing the bust forward (4))
5-6 POINT R BACK ½ T : point R behind Left foot (5), ½ turn to the R (6) 3h
7&8 ANCHOR STEP R : R foot behind L foot (7) recover body weight L (&) recover R (8) - (style option with ANCHOR STEP : CHEST POP : push back shoulders pushing the bust forward (7) bring back shoulders (&) push back again shoulders pushing the bust forward (8))

[25-32] POINT SIDE L, STEP BACK, POINT SIDE R, STEP BACK, HEELS BOUNCE ½ T R, STEP L FWD, TOUCH R

1-2 POINT SIDE L : point Left foot left (1), step back L body weight L(2)
3-4 POINT SIDE R : point Right foot right (3), step back R body weight R (4)
5-6 HEELS BOUNCE ½ T R : knees flexed, raise both heels ¼ turn right, pose (5), raise both heels ¼ t right, pose (6) body weight R 9h
7-8 STEP L FWD : step L forward (7), TOUCH R : Touch R beside L (8) body weight L

Final, 11 wall at the end of the dance (at 3h), instead of Touch R beside L, Step R ¼ turn L, Touch R beside L to end up facing 12h.

Source : this card is the original. If you have any questions do not hesitate to contact me :

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