

Good Morning

拍数: 32 墙数: 2 级数: Improver
编舞者: Lilian Lo (HK) - November 2019
音乐: Good Morning - Max Frost : (Single)



Intro: 16 counts (0.11 mins.) The first count is a pause. Singing starts on second count.

S1 (1 – 8) Kick, side, close, chest pump x 2, back, forward, ¼ L, side, close, hip L-R-L, back

1&2 RF cross kick (1), RF step to side (&), LF closed to RF (2)
3,4& Chest pump 2 times (3,4), RF step slightly back on ball (&)
5,6 LF step forward (5), turn ¼ L, RF step to side (6) @9:00
7&8& LF closed to RF, hip L (7), hip R (&), hip L (8), RF step slightly back on ball (&)

S2 (9 – 16) Walk L-R, ¼ R, rock R, ¼ R, forward, ¼ L, ¾ L, ¼ L, close

1,2& LF step forward (1), RF step forward (2), turn ¼ R (&) @ 12:00
3&4 LF step to side, rock L (3), turn ¼ R, RF step in place (&), LF step forward (4) @3:00
5,6 Turn ¼ L, RF step to side (5), turn ¾ L, LF step forward (6) @3:00
7,8 Turn ¼ L, RF step to side (7), LF stomp next to RF (8) @12:00

S3 (17 – 24) Shuffle x 2, lunge x 2, ¼ R, ½ R, back x 2

1&2 RF step diagonally R forward (1), LF cross behind RF (&), RF step diagonally R forward (2)
3&4 LF step diagonally L forward (3), RF cross behind LF (&), LF step diagonally L forward (4)
5,6 RF lunge to side (5), LF lunge to side (6) @12:00
7&8 Turn ¼ R, RF step in place (7), turn ½ R, LF step back (&), RF step back (8) @9:00

S4 (25 – 32) heel dig close x 3, walk x 2, ¼ L, ¾ L, ¼ L, tap

1&2& L heel dig forward (1), LF closed to RF (&), R heel dig forward (2), RF closed to LF (&)
3&4 L heel dig forward (3), LF closed to RF (&), RF step forward (4)
5,6 LF step forward (5), turn ¼ L, RF step to side (6)
7,8 Turn ¾ L, LF step forward (7), turn ¼ L, RF tap next to LF (8) @6:00