

Wake Up in the Morning

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Improver - Country
编舞者: Ole Jacobson (DE) & Nina K. (DE) - December 2019
音乐: If I Knew - Parker Redmond



Note: The dance begins with the singing (No Tags)

(1-8) Heel, close r + l , swivels R

- 1-2 Tap right heel forward - place RF next to LF
- 3-4 Tap left heel forward - place LF next to RF
- 5-6 Turn right toe to the right - turn right heel to the right
- 7-8 Turn right heel to the left - turn right toe back to the starting position (weight on RF)

(9-16) Heel switches, swivels L

- 1-2 Tap left heel forward - place LF next to RF
- 3-4 Tap right heel forward - place RF next to LF
- 5-6 Turn left toe to the left - Turn left heel to the left
- 7-8 Turn left heel to the right - Turn left toe back to the starting position

(17-24) Step, lock, step, scuff (R+L)

- 1-2 RF step forward - cross LF behind RF
- 3-4 RF step forward - swing LF forward (let heel slide over floor)
- 5-6 LF step forward - Cross RF behind LF
- 7-8 LF step forward - swing RF forward (let heel slide over floor)

(25-32) Rocking chair, grapevine R, stomp

- 1-2 RF step forward - weight back to LF
- 3-4 RF step back - weight back to LF
- 5-6 RF step to the right - place LF behind RF
- 7-8 RF step to the right - stamp LF next to RF (weight on RF)

(33-40) Swivets with 1/4 turn L, hold, Scissor step R, hold

- 1-2 Turn left toe to the left - Turn left toe straight again
- 3-4 Turn your left toe to the left, make a 1/4 L turn (weight on LF) - Hold
- 5-6 RF step to the right - LF next to RF
- 7-8 Cross RF over LF - Hold

(41-48) Scissor step L, hold, side, hold, back, recover

- 1-2 LF step to the left - RF next to LF
- 3-4 LF cross over RF - Hold
- 5-6 Step right to the right - hold 1 count
- 7-8 LF step backwards (behind RF) - weight back to RF

(49-56) Side, close, step, touch, side, touches (R+L)

- 1-2 LF step to the left - RF next to LF
- 3-4 LF step forward - touch RF next to LF
- 5-6 RF step to the right - touch LF next to RF
- 7-8 LF step left - touch RF next to LF

(57-64) side, close, back, touch, side, close, step, stomp

- 1-2 RF step to the right - LF next to RF
- 3-4 RF step back - touch LF next to RF

5-6 LF step to the left - RF next to LF
7-8 LF step forward - stamp the RF next to LF (weight on LF)

...from the beginning

Last Update - 27 Dec. 2019
