

Woke Up This Morning

COPPERKNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Betty Fagen - May 2020
音乐: Woke Up This Morning - Alabama 3



Optional: Stayin' Alive by Bee Gees

Intro: 16 Counts - No Tags Or Restarts

WALK, WALK, SHUFFLE STEP, STEP BACK, BACK, SHUFFLE STEP

1,2, R forward walk, L forward walk
3&4 R shuffle step forward (r,l,r)
5,6 L step back R step back
7,8 L shuffle step back (l,r,l)

SIDE ROCK, CROSS & CROSS, SIDE ROCK, TURNING SAILOR STEP

1,2 R side rock/recover
3&4 R cross over L, R cross over L
5,6 L side rock/recover
7&8 Left 1/4 turn sailor step, (L behind R, R side step, step side left)

STEP POINT, STEP POINT, STEP BACK, BACK, BACK, BACK

1,2 R step forward, L point to side left
3,4 L step forward, R point to side right
5,6 R step back, L step back
7,8 R step back, L step back

SIDE ROCK CROSS, SIDE ROCK CROSS, TWO PIVOT TURNS

1&2 R side rock recover, cross right foot front of left
3&4 L side rock recover, cross left foot front of right
5,6 R 1/8 pivot to left
7,8 R 1/8 pivot to left

Start Again
