

The Morning

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Peirina Svensson (SWE) & Emma Johansson (SWE) - April 2021
音乐: Yours in the Morning - Patrick Droney



Intro: 8 counts

Sec 1. Side, behind, side, cross, ¼ turn, ½ turn, walk, walk, rocking chair

- 1 2 & 3 Big step to the R, step LF behind RF, step RF to the R side, cross LF over RF
4 & 5 6 Turn ¼ to L stepping back on RF, turn 1/8 to L stepping forward on LF (6:30), step forward on RF, step forward on LF
7 & 8 & Rock forward on RF, recover on LF, rock back on RF, recover on LF

Sec 2. 3/8 turn sweep, behind 1/8 turn, rock chanieturn, ¼ turn sweep, cross side

- 1 2 & 3 4 Turn 3/8 to L stepping back on RF and sweep LF from front to back (9:00), step back LF behind RF, turn 1/8 to R stepping forward on RF (4:30), rock forward on LF (raise L hand in front of you slow), recover on RF (the hand comes down slow)
5 6 7 8 & Turn 3/8 to L stepping forward on LF, (12:00), step RF beside LF and turn ¼ to the L (3:00), turn ¼ to the L stepping forward on LF and sweep RF from back to front, cross RF over LF, step LF to L side

Sec 3. Behind sweep, behind, side, cross, sway x 2, side, ½ turn back, back, 1/4 turn, lock step

- 1 2 & 3 Step RF back and sweep LF from front to back, cross LF behind RF, step RF to side, cross LF over RF (alt: unwind a full turn on count 3)
4 & 5 Step RF to side and sway to the R, sway to the L, step RF to side
6 & 7 Turn ½ to the L and step back on LF, step back on R, turn 1/4 to L and step LF to the side (6:30)
8 & 1 Step forward on RF, lock LF behind RF, step forward on RF

Sec 4. Full turn, step, full turn, basic Nightclub x 2

- 2 & 3 Turn ½ to the R stepping back on LF, turn ½ to the R stepping forward on RF, step forward on LF
4 & Turn ½ to the L stepping back on RF, turn ½ to the L stepping forward on LF
5 6 & Turn ½ to the left (6:00) stepping RF to the side, step LF behind RF, cross RF over LF
7 8 & Step LF to L side, cross RF behind LF, step LF over RF

* Tag 1: After Wall 1, 8 counts A full diamond

- 1 2 & Step RF to the side, turn ½ to the L, stepping back on LF, step back on RF
3 4 & Turn ½ to the L stepping LF to the side, turn ½ to the L stepping forward on RF, step forward on LF
5 6 & Turn ½ to the L stepping RF to the side, turn ½ to the left stepping back on LF, step back on RF
7 8 & Turn ½ to the L stepping LF to the side, turn ½ to the L stepping forward RF, turn ½ to the L step forward on LF

*Tag 2: After Wall 2, 4 counts Sway x 4

- 1 2 3 4 Sway to the R, sway to the L, Sway to the R, sway to the L (raise both your hands up beside you as you sway R, L, R, L)

Hope you enjoy it!
Emma & Peirina