

# Morning

拍数: 64      墙数: 4      级数: Phrased Low Intermediate  
编舞者: Eliza Nina (INA) - April 2021  
音乐: Some Morning - Sergio Mendes



Sequence: A A B B A A B B A B8 B A24 A A19

## Part A.

**#A1 : Forward, Step Lock Step, Rock Recover, Step Lock Step, Rock Recover.**

1 - 2&      Step R forward, step L forward, Lock R behind.  
3 - 4      Step L forward, rock R side.  
5 - 6&      Recover on L, step R forward, lock L behind.  
7 - 8      Step R forward, rock on L side.

**#A2 : Lock Step, Rock Recover, Back Lock Step, Rock Recover.**

1 - 2&      Recover on R, step L back, lock R over.  
3 - 4      Step L back, rock R side.  
5 - 6&      Recover on L, step R back, lock L over.  
7 - 8      Step R back, rock L side

**#A3 : Behind Side Cross, Rock Recover, Behind Side Cross, Scissor.**

1 - 2&      Recover on R, step L behind, Step R side  
3 - 4      Step L over, rock R side  
5 - 6&      Recover on L, step R behind, Step L side  
7 - 8&      Cross R over, Step L side, Close R together

**#A4 : Anchor R L, Coaster Step**

1 - 2&      Cross L over, step R back, close L together ( 3rd pos).  
3 - 4&      Step R inplace, step L back, close R together (3rd pos).  
5 - 6&      Step L inplace, step R back, close L together.  
7 - 8      Step R forward, ¼ turn left BW on L.

## B.

**#B1 : Walk R L R, Toe Touch, Back R L R, Toe Touch.**

1 - 2      Step R forward, Step L forward.  
3 - 4      Step R forward, touch L toe to side.  
5 - 6      Step L back, Step R back.  
7 - 8      Step L back, touch R toe next to L.

**#B2 : Vine R, Toe Touch, Vine L, Toe Touch .**

1 - 2      Step R side, step L behind  
3 - 4      Step R side, touch L toe next to L  
5 - 6      Step L side, step R behind  
7 - 8      Step L side, touch L toe to side (prep.)

**#B3 : Rolling Vine to R, Rolling Vine to L, Brush.**

1 - 2      ¼ Turn right step R forward, ½ turn right step L back.  
3 - 4      ¼ Turn right step R side, touch L toe to side.  
5 - 6      ¼ Turn left step forward , ½ turn left step R back.  
7 - 8      ½ Turn left step L forward, brush R forward [9]

**#B4 : Jazz Box L, Monterey**

1 - 2      Cross R over, step L back.

- 3 - 4 Step R side, cross R over.
  - 5 - 6 Touch R side, step R together.
  - 7 - 8 Touch L side, step L together.
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