

Morgendagen

拍数: 32 墙数: 2 级数: Improver
编舞者: Ann-Kristin Sunstad (NOR) & Mette Mørk (NOR) - August 2023
音乐: Hvis Morgendagen Aldri Kommer - Picazzo



Intro: 16 Counts after the music starts (On Vocal)

[1-8] Walk R-L Diagonal R, Mambo Forward, Walk L-R Diagonal L, Mambo Forward

1,2 Step diagonal RF forward (1), (01:30), Step LF forward (2),
3&4 Rock forward on RF (3), Recover on LF (&), Step back on RF (4), (straighten up to 12:00)
5,6 Step diagonal LF forward (5,) (10:30), Step RF forward (6),
7&8 Step forward on LF (7), Recover on RF (&), Step back on LF (8) (straighten up to 12:00)

[9-16] R Basic NC, L Basic NC, Point R to R side, 1/2 turn right, Mambo Cross

1,2& Step RF to right side (1), Close LF slightly behind RF (2), Cross RF over LF (&),
3,4& Step LF to left side (3), Close RF slightly behind LF (4), Cross LF over RF (&),
5,6 RF touch right side (5), Make 1/2 turn right stepping RF next to left (6), (06:00)
7&8 Rock LF to left (7), Recover on RF (&), Cross LF in front of RF (8)

[17-24] Sway R-L-R, Slide L, Diamond 1/2 Turn

1,2,3, Sway hips Right (1), Left (2), Right (3),
4 Step a large step left on LF and Slide RF after LF (4),
5& Turn 1/8 R and Cross RF diagonally behind LF (5), (07:30), Step back on LF (&),
6 Turn 1/8 R and Step RF to the side (6), (09:00)
7& Turn 1/8 R and Step LF in front of RF (7), (10:30) Step forward on LF (Slightly cross) (&),
8 Turn 1/8 R and Step LF to the side (8) (12:00)

[25-32] Rock Back, Step forward, 1/2 Chase Turn right, Tripple Full turn left, Mambo Forward

1&2 Rock back on RF (1), Recover on LF (&), Step forward on RF (2) (12:00)
3&4 Step forward on LF (3), Pivot 1/2 turn Right (&), Step forward on LF (4) (06:00)
5&6 Turn 1/2 turn L & Step back on RF, (5), Turn 1/2 turn L & Step forward on LF (&) Step
 forward on RF (6)
7&8& Rock forward on LF (7), Recover on RF (&) Step back on LF (8)

TAG; After Wall 2 & 5

1-4 Sway Hips R-L-R-L

Ending; On Wall 11, Dance Up to count 16, just end the Mambo next to right instead of cross over.

Enjoy and Listen to the music :-)
