

Morning Noon And Night

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Michele Perron (CAN)
音乐: Morning, Noon and Night - Big Joe Turner



SIDE/ROCK, RECOVER, ACROSS, HOLD, 'BALL', CROSS, SIDE/ROCK, RECOVER, ACROSS

1-2 Right rock/step to side right; left recover/step to side left
3-4 Right step across front of left; hold
&5-6 Left toe/ball step to side left; right step across front of left; left rock/step to side left
7-8 Right recover/step to side right; left step across front of right

SIDE/ROCK, RECOVER, ACROSS, HOLD, 'BALL', CROSS, SIDE/ROCK, RECOVER, ACROSS

1-2 Right rock/step to side right; left recover/step to side left
3-4 Right step across front of left; hold
&5-6 Left toe/ball step to side left; right step across front of left; left rock/step to side left
7-8 Right recover/step to side right; left step across front of right

TOE-HEEL-ACROSS (SUGAR FOOT RIGHT); TOE-HEEL-ACROSS (SUGAR FOOT LEFT)

1-2 Right toe touch to left instep; right heel 'touch' to side right
3-4 Right step across front of left; left toe touch to right instep
5-6 Left heel 'touch' to side left; left step across front of left
7-8 Right step back; turn ½ left with left step forward (6:00)

Swivel naturally during sugar foot pattern

TOE-HEEL-ACROSS (SUGAR FOOT RIGHT); TOE-HEEL-ACROSS (SUGAR FOOT LEFT)

1-2 Right toe touch to left instep; right heel 'touch' to side right
3-4 Right step across front of left; left toe touch to right instep
5-6 Left heel 'touch' to side left; left step across front of left
7-8 Right step back; turn ½ left with left step forward (12:00)

Swivel naturally during sugar foot pattern

TRIPLE TURN, ROCK/BACK, RECOVER, TRIPLE TURN, ROCK/BACK, RECOVER

1&2 Right triple steps with ¼ turn left (right step, left beside, right step) (9:00)
3-4 Left rock/step back; right recover/step forward
5&6 Left triple steps with ½ turn right (left step, right beside, left step) (3:00)
7-8 Right rock/step back; left recover/step forward

TRIPLE TURN, ROCK/BACK, RECOVER, TRIPLE TURN, ROCK/BACK, RECOVER

1&2 Right triple steps with ¼ turn left (right step, left beside, right step) (12:00)
3-4 Left rock/step back; right recover/step forward
5&6 Left triple steps with ½ turn right (left step, right beside, left step) (6:00)
7-8 Right rock/step back; left recover/step forward

TOUCH/SWIVEL, ACROSS, TOUCH/SWIVEL, ACROSS, TOUCH/SWIVEL

1 Right touch diagonal right forward (as you swivel/twist on left)
2 Right step across front of left
3 Left touch diagonal left forward (as you swivel/twist on right)
4 Left step across front of right
5 Right touch to side right; (as you swivel/twist on left)
6 Right touch diagonal right forward (as you swivel/twist on left)
7 Right touch to side right (as you swivel/twist on left)

8 Execute ¼ turn right with right step behind left (9:00)

TOUCH/SWIVEL, BEHIND, TOUCH/SWIVEL, BEHIND, KICK/SWEEP, BEHIND, HOLD, UNWIND/TURN

1-2 Left touch to side left; left step behind right

3-4 Right touch to side right; right step behind left

5-6 Left low kick and sweep (rondé) from front to back; left toe/ball 'step' crossed behind right

7-8 Hold; unwind with full turn left, weight on left (9:00)

REPEAT

RESTART

On the fourth rotation only, you will execute the first 48 counts of the dance, then begin again. This occurs during the instrumental section. It is easy to recognize.
