

Good Morning Beautiful Day

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Improver
编舞者: Lisen Persson (SWE)
音乐: Good Morning Beautiful - Steve Holy



This dance begins with a tag. It's a 16-count intro, and then a 2-count tag

TAG

STEP, SLIDE

1-2 Take a long step back on right, slide left next to right (weight on left)

DANCE

MAMBO, COASTER, TURN ½ LEFT & SHUFFLE BACK, COASTER

1&2 Rock right forward, recover weight to left, step right next to left
3&4 Step left back, step right next to left, step left forward
&5&6 Turn ½ left, step right back, step left next to right, step right back
7&8 Step left back, step right next to left, step left forward

LOCK STEP, STEP, TURN ¼ RIGHT, CROSS, ROCK & CROSS, TURN ¼ RIGHT, TURN ¼ RIGHT, CROSS

1&2 Step right forward, lock left behind right, step right forward
3&4 Step left forward, turn ¼ right (weight on right), cross left over right
5&6 Rock right to right, recover weight to left, cross right over left
7&8 Turn ¼ right and step left back, turn ¼ right and step right to side, cross left over right

SWAY X3, LONG STEP, BEHIND, SIDE, CROSS, ROCK, TURN ¼ RIGHT, STEP

1-3 Step right to right and sway hips right, left, right
4& Take a long step to left, drag right close to left
5&6 Step right behind left, step left to left, cross right over left
7&8 Rock left to left, turn ¼ right (weight on right), step left forward

FULL TURN LEFT, KICK BALL TOUCH, TOE-TOUCHES TWICE, KICK BALL STEP

1&2 Make a full turn left (traveling forward) on right, left, right
3&4 Kick left forward, step left next to right, touch right next to left
5& Touch right toe forward, step right behind left
6& Touch left toe forward, step left behind right
7&8 Kick right forward, step right next to left, step left next to right

REPEAT

RESTART

On your 3rd wall, dance the first 28 counts (end with right touch beside left). Then start the dance from the beginning

TAG

On your 5th wall, dance the first 20 counts. Then:

BEHIND, TURN ¼ LEFT, STEP, STEP

5& Cross right behind left, turn ¼ left and step left forward
6& Step right slightly forward, step left slightly forward

END

On the last wall you dance the first 20 counts (ending left over right). Turn ¼ right and step forward on right

