

Good Morning Sunshine!

COPPERKNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Unrated Beginner
编舞者: Elke Weinberger (NL)
音乐: Good Morning Sunshine - Aqua



½ RIGHT
SAILOR TURN,
FORWARD, ¼
LEFT HIP
BUMPS
TWICE,
TOGETHER,
SIDE TOUCH,
SWEEP TO
TOUCH
TOGETHER,
SWEEP, ½
LEFT TURN
1&2 : Cross
right behind left,
execute ½ turn
right and step
left to left, step
right to right
Step left forward

&4 : Execute ¼
turn left and
then step right
to right
(bumping hips
to right), recover
hips to centre
&5 : Execute ¼
turn left and
then step right
to right
(bumping hips
to right), recover
hips to centre
&6 : Step right
beside left,
touch left toe to
left
7 : Sweep left in
a clockwise
motion drawing
a semi-circular
arc so that you
will end with
your left toe
touch close
together next to
right

8 : Sweep left around in a counter-clockwise motion drawing from front to back. As you complete the sweep, execute a sharp and quick $\frac{1}{2}$ turn left on ball of right (weight remains on right)

**SAILOR STEP,
TRAVELLING
LEFT FULL
RIGHT TURN,
BALL-
CROSSES,
SIDE SLIDE, $\frac{1}{4}$
LEFT TURN**

9&10 : Step left behind right, step right to right, step left to left

11-12 : Execute $\frac{1}{2}$ turn right and then step right to right, execute another $\frac{1}{2}$ turn right and then step left to left
&13&14: Step right beside left, cross left over right, step right beside left, cross left over right

15-16 : Slide right to right (taking long step), slide left to right as you execute $\frac{1}{4}$ turn left (weight ends on left)

**FORWARD,
HIP ROLLS
TWICE, FULL
LEFT SPIRAL
TURN, FULL
LEFT PADDLE
TURN**

17-19 : Step
right forward,
roll hips twice in
a counter-
clockwise
motion (weights
ends on right)

20 : Execute a
full turn left on
ball of right
(weight remains
on right). You
should end the
turn with your
left crossed
over right

21& : Execute
 $\frac{1}{4}$ turn left and
then step left
forward, lock
step right
behind left

22& : Execute
 $\frac{1}{4}$ turn left and
then step left
forward, lock
step right
behind left

23&24 :
Execute $\frac{1}{4}$ turn
left and then
step left
forward, lock
step right
behind left,
execute last $\frac{1}{4}$
turn left and
then step left
forward

**MAMBO
CROSS,
DIAGONAL
ROCK,
RECOVER,
BEHIND, $\frac{1}{4}$
RIGHT TURN,
 $\frac{1}{2}$ RIGHT
TURN, SAILOR
CROSS**

25&26 : Rock
right to right,
recover weight
onto left, cross
right over left

&27-28: Rock left towards left diagonal, recover weight onto right, step left behind right
29-30 : Execute $\frac{1}{4}$ turn right and then step right forward, execute another $\frac{1}{2}$ turn right and then step left to left
31&32 : Step right behind left, step left to left, cross right over left

SIDE ROCK, $\frac{1}{4}$ RIGHT COASTER TURN, FORWARD MAMBO, BACK MAMBO TOUCH

33-34 : Rock left to left, recover weight onto right
35&36 : Step left back, execute $\frac{1}{4}$ turn right and then step right beside left, step left forward
37&38 : Rock right forward, recover weight onto left, step right beside left

39&40 : Rock left back, recover weight onto right, touch left toe beside right

FULL TURN RIGHT, TOGETHER TOUCH, SCISSOR CROSS, SIDE CHASSE

41-44 : Step left forward, pivot $\frac{1}{2}$ turn right (weight ends on right), execute another $\frac{1}{2}$ turn right and then step left back, touch right toe beside left
45&46 : Step right to right, step left beside right, cross right over left
47&48 : Step left to left, step right beside left, step left to left

REPEAT

24-COUNTS

TAG

At the end of both the 2nd and 6th rotation, you will be facing 6 O?

Clock wall. Add in the below 24 counts-tag.

After the tag, start dancing 3rd and 7th rotation facing 6 O? Clock wall.

Note : This tag comprises of an 8-count extension to complete the chorus cycle and a further 16 counts to bridge the musical instrumental segment.

**$\frac{1}{2}$ LEFT HIP
BUMP TURNS
TWICE, FRONT
SAILOR, $\frac{1}{2}$
RIGHT HIP
BUMP TURNS
TWICE, FRONT
SAILOR**

&1 : Execute $\frac{1}{2}$
turn left and
then step right
to right
(bumping hips
right), return
hips to centre

&2 : Execute $\frac{1}{2}$
turn left and
then step right
to right
(bumping hips
right), return
hips to centre

3&4 : Cross
right over left,
step left to left,
step right to
right

&5 : Execute $\frac{1}{2}$
turn right and
then step left to
left (bumping
hips left), return
hips to centre

&6 : Execute $\frac{1}{2}$
turn right and
then step left to
left (bumping
hips left), return
hips to centre

7&8 : Cross left
over right, step
right to right,
step left to left

**$\frac{1}{2}$ RIGHT
TURNING
CURVATURE
LOCK STEPS,
 $\frac{3}{4}$ LEFT
TURNING
CURVATURE
TRAVELLING
BALL-
CROSSES,
SIDE SLIDE**

9-10 : Step right
forward, lock
step left behind
right

11&12 : Step
right forward,
lock step left
behind right,
step right
forward

*On counts 9-12
curve the lock
steps so that it
completes a ½
turn right*

13&14&15:
Cross left over
right, step right
beside left,
cross left over
right, step right
beside left,
cross left over
right

16 : Slide right
to right (taking
long step)

On counts

*13-15 curve the
ball crosses so
that it completes
a ¾ turn left.*

**½ LEFT
TURNING
CURVATURE
LOCK STEPS,
¾ RIGHT
TURNING
CURVATURE
TRAVELLING
BALL-
CROSSES,
SIDE SLIDE**

17-18 : Step left
forward, lock
step right
behind left

19&20 : Step
left forward, lock
step right
behind left, step
left forward

On counts

*17-18 curve the
lock steps so
that it completes
a ½ turn left*

21&22&23:
Cross right over
left, step left
beside right,
cross right over
left, step left
beside right,
cross right over
left

24 : Slide left to left (taking long step)

On counts

21-23 curve the ball crosses so that it completes a $\frac{3}{4}$ turn right.

12 COUNTS

TAG

At the end of the 4th rotation, you will be facing 12 O?

Clock wall. Add in the below 12 counts-tag.

After the tag, start dancing

5th rotation

facing 12 O?

Clock wall.

Note : This tag comprises of an 8-count extension to complete the chorus cycle and a further 4 counts for the extra beats

$\frac{1}{2}$ LEFT HIP

BUMP TURNS

TWICE, FRONT

SAILOR, $\frac{1}{2}$

RIGHT HIP

BUMP TURNS

TWICE, FRONT

SAILOR

&1 : Execute $\frac{1}{2}$ turn left and then step right to right

(bumping hips right), return hips to centre

&2 : Execute $\frac{1}{2}$ turn left and then step right to right

(bumping hips right), return hips to centre

3&4 : Cross right over left, step left to left, step right to right

&5 : Execute $\frac{1}{2}$
turn right and
then step left to
left (bumping
hips left), return
hips to centre

&6 : Execute $\frac{1}{2}$
turn right and
then step left to
left (bumping
hips left), return
hips to centre

7&8 : Cross left
over right, step
right to right,
step left to left

JAZZ BOX

9-12 : Cross
right over left,
cross left over
right, step right
back, step left
beside right
