

Good Morning

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Beginner
編舞者: Irene Yeo (CN) - September 2015
音樂: Good Morning - Mandisa



Dance starts after 32 counts

Section 1: □ Basic Cha Cha

1 2 Rock RF forward, Recover on LF
3 & 4 Back Cha Cha RF, LF, RF
5 6 Rock LF back, Recover on RF
7 & 8 Forward Cha Cha LF, RF LF

Section 2: □ Kick, Kick, Triple Step

1 2 Kick RF diagonally forward to L then R
3 & 4 Triple Steps on the spot RF, LF, RF
5 6 Kick LF diagonally forward to R then L
7 & 8 Triple Steps on the spot LF, RF LF

Section 3: □ Cross Rock, Recover, R Chasse, Cross Rock, Recover, L Chasse

1 2 Rock RF over LF, Recover on LF
3 & 4 Side Chasse RF, LF, RF
5 6 Rock LF over RF, Recover on RF
7 & 8 Side Chasse LF, RF, LF

Section 4: □ R Step Forward, L Touch, L Step Forward, R Touch, R Step Back, L Touch, L Step Back, R Touch

1 2 Step RF forward, Touch LF to L
3 4 Step LF forward, Touch RF to R
5 6 Step RF back, Touch LF to L
7 8 Step LF back, Touch RF to R

Section 5: □ Step Touch

1 2 3 4 Step RF to R, Touch LF beside RF, Step LF to L, Touch RF beside LF
5 6 Turn ¼ L & Step RF to R Side (9:00), Touch LF beside RF
7 8 Step LF to L, Touch RF beside LF

Section 6: □ Out Out In In, Step R L R L In Place

1 2 3 4 Step RF diagonally forward, Step LF to Side, Step RF back, Step LF together
5 6 7 8 Step RF, LF, RF, LF in place

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