

Morning Train (9 to 5)

COPPER KNOB
STEPPEDETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Kitty Russell (USA) - July 2018
音樂: Morning Train (Nine to Five) - Sheena Easton



or, An American Dream by Nitty Gritty Dirt Band

Right lead

DIAGONAL LOCK STEPS FORWARD, TOUCH X 2

- 1-4 Step right diagonally forward, lock left behind right, step right diagonally forward, touch left next to right
5-8 Step left diagonally forward, lock right behind left, step left diagonally forward, touch right next to left

WALK BACK 3, HITCH X 2

- 1-4 Step right back, left back, right back, hitch left knee up with a little kick
5-8 Step left back, right back, left back, hitch right knee up with a little kick

RIGHT VINE, HITCH, LEFT VINE, HITCH

- 1-4 Step right to right side, step left behind right, step right to right side, hitch left knee up
5-8 Step left to left side, step right behind left, step left to left side, hitch right knee up

ROCKING CHAIR WITH 1/4 LEFT TURN X 2

- 1-4 Rock forward on right, step left in place, rock back on right while making ¼ left turn, step left in place
5-8 Rock forward on right, step left in place, rock back on right while making ¼ left turn, step left in place

Begin again
