

In the Morning

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Easy Intermediate
編舞者: Donny Iswanto (INA) & Herman Baso (INA) - December 2020
音樂: In The Morning - Jennifer Lopez



Tag (8 counts) after wall 3 facing 12 O'clock
Start Dancing after 20 counts intro

Sequence: ABA Tag ABA ABA

PART A (32 Counts)

AS1# STEP - RECOVER - CLOSE - SIDE - RECOVER - CLOSE - ½ PIVOT - STEP (R - L) - RECOVER - CLOSE

1 & 2 Step R back, Recover on L, Close R next to L
3 & 4 step L to side, Recover on R, Close L next to R
5 & 6 Step R fwd, ½ turn right weight on L, Step R fwd
7 & 8 Step L fwd, Recover on R, Close L next to R

AS2# 1/8 L SIDE - TOGETHER - SIDE CHASE - CROSS BEHIND - RECOVER - L ROLLING VINE

1 - 2 1/8 turn left and step R to side, close L next to R
3 & 4 Step R to side, close L next to R, Step R to side
5 & 6 cross L behind R, recover on R, ¼ turn left then step L to side
7 & 8 ½ turn left step R back, ½ turn left step L fwd, 1/8 turn right touch R next to L

AS3# LOCK SHUFFLE FWD - REVERSE L ROCKING CHAIR - 1 ½ TURN R STEP FWD - RECOVER - CLOSE

1 & 2 step R fwd, lock L behind R, step R fwd
3 & 4 step L fwd, recover on R, step L back
5 & 6 ½ turn right step R fwd, ½ turn right step L back, ½ turn right step R fwd
7 & 8 step L fwd, Recover on R, Close L next to R

AS4# MODIFIED PADDLE TURN - TOGETHER - FRONT STEP - BACK - SIDE

1 a 2 a step R to side, recover on L, 1/8 turn to left R to side, recover on L
3 a 4 1/8 turn left R to side, recover on L, touch R next to L
5 - 6 step R fwd, close L next to R
7 - 8 Step R back, slide L to side

PART B (16 COUNTS)

BS1# VSTEP - OUT - OUT - IN - IN - ROCK - HIP OUT - ROCK - HIP OUT

1 & 2 & step R diagonal fwd, step L diagonal fwd, Step R back in the center, close L next to R
3 & 4 step R and L together out, hold, step R and L together in
5 & 6 rock R back, hold, move Left hip out with L in toes
7 & 8 Rock L back, hold, move Right Hip Out with R in toes

BS2# ROCK WITH L KICK SLIGHTLY - STEP FWD WITH R FLICK - FULL UNWIND - SIDE - CLOSE - SIDE - CLOSE

1 - 2 step R back followed by L kick slightly, step L fwd followed by R flick
3 - 4 Cross R over L, full turn to left
5 & 6 step R to side, recover on L, close R next to L
7 & 8 step L to side, Recover on R, Close L next to R

***TAG (8 COUNTS)**

L SYNCOPATED - REVERSE R FULL TRAVELLING VOLTA

1 a 2 a Cross R over L, L to side, Cross R over L, L to side
3 a 4 cross R over L, L to side, Cross R over L
5 & 6 & ¼ turn right step L fwd, step R behind L, ¼ turn right Step L fwd, step R behind L
7 & 8 ¼ turn right step L fwd, Step R behind L, ¼ turn right step L fwd

Enjoy the dance.....!!! Have fun!!!

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