

Morning

拍數: 64 牆數: 4 級數: Phrased Low Intermediate
編舞者: Eliza Nina (INA) - April 2021
音樂: Some Morning - Sergio Mendes



Sequence: A A B B A A B B A B8 B A24 A A19

Part A.

#A1 : Forward, Step Lock Step, Rock Recover, Step Lock Step, Rock Recover.

1 - 2& Step R forward, step L forward, Lock R behind.
3 - 4 Step L forward, rock R side.
5 - 6& Recover on L, step R forward, lock L behind.
7 - 8 Step R forward, rock on L side.

#A2 : Lock Step, Rock Recover, Back Lock Step, Rock Recover.

1 - 2& Recover on R, step L back, lock R over.
3 - 4 Step L back, rock R side.
5 - 6& Recover on L, step R back, lock L over.
7 - 8 Step R back, rock L side

#A3 : Behind Side Cross, Rock Recover, Behind Side Cross, Scissor.

1 - 2& Recover on R, step L behind, Step R side
3 - 4 Step L over, rock R side
5 - 6& Recover on L, step R behind, Step L side
7 - 8& Cross R over, Step L side, Close R together

#A4 : Anchor R L, Coaster Step

1 - 2& Cross L over, step R back, close L together (3rd pos).
3 - 4& Step R inplace, step L back, close R together (3rd pos).
5 - 6& Step L inplace, step R back, close L together.
7 - 8 Step R forward, ¼ turn left BW on L.

B.

#B1 : Walk R L R, Toe Touch, Back R L R, Toe Touch.

1 - 2 Step R forward, Step L forward.
3 - 4 Step R forward, touch L toe to side.
5 - 6 Step L back, Step R back.
7 - 8 Step L back, touch R toe next to L.

#B2 : Vine R, Toe Touch, Vine L, Toe Touch .

1 - 2 Step R side, step L behind
3 - 4 Step R side, touch L toe next to L
5 - 6 Step L side, step R behind
7 - 8 Step L side, touch L toe to side (prep.)

#B3 : Rolling Vine to R, Rolling Vine to L, Brush.

1 - 2 ¼ Turn right step R forward, ½ turn right step L back.
3 - 4 ¼ Turn right step R side, touch L toe to side.
5 - 6 ¼ Turn left step forward , ½ turn left step R back.
7 - 8 ½ Turn left step L forward, brush R forward [9]

#B4 : Jazz Box L, Monterey

1 - 2 Cross R over, step L back.

- 3 - 4 Step R side, cross R over.
 - 5 - 6 Touch R side, step R together.
 - 7 - 8 Touch L side, step L together.
-