

Morning After Contra

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Helaine Norman (USA) - November 2022
音樂: The Morning After - Nathan Carter



Intro: 32 - No tags or restarts

I. WALK FORWARD X4

1-8 Walk R forward, hold, walk L forward hold, walk R forward hold, walk L forward hold

Optional steps: Heel struts forward and toe struts back

II. WALK BACK X4

1-8 Walk R back, hold, walk L back, hold, walk R back, hold, walk L back, hold

Optional steps: Toe struts back

III. STEP FIRST CHARLESTON

1-2 Step R forward, hold

3-4 Kick L, hold

5-6 Step L, hold

7-8 Touch R back, hold

IV. ¼ L PIVOT TURN X2

1-2 Step R forward, hold

3-4 Step L making ¼ pivot turn left, hold 9:00

5-6 Step R forward, hold

7-8 Step L making ¼ pivot turn left, hold 6:00

Optional steps: Make ½ L turn walking around RLRL to 6:00

REPEAT

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