

Rise Up This Morning

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Georgie Mygrant (USA) - November 2024
音樂: Three Little Birds - Bob Marley & The Wailers



Intro: 32 Counts

Modified Lock Step R/L

1-4 Step R fwd. Diagonally, Step L to R, Step R to R side, Step on L, Step R to L
5-8 Step L fwd. Diagonally, Step R to L, Step L to L side, Step on R, Step L to R

Basic R, Mambo R, Basic L, Mambo L

1-4 Step R to R side, Step L to R, Step to R, Step on L, Step on R
5-8 Step L to L side, Step R to L, Step to L, Step R to L, Step on L

Slow Jazz Box to R, 2 Fast Rocking Chair

1-4 Step R over L, Step back on L turning $\frac{1}{4}$ R, Step on R, Step on L
5-8 Step R fwd. Step back on L, Step back on R, Step L fwd. Repeat!

Pivot, or Paddle a Full Circle L

1-8 Step R fwd. Turning $\frac{1}{4}$ L on L, Step R fwd. Turning $\frac{1}{4}$ L, Step R fwd. Turning $\frac{1}{4}$ R on L, Step R fwd. Turning $\frac{1}{4}$ L on L

That's it! A fun routine to a fun song. Please let me know if you like it.

All I ask is that you do not alter routine without my permission.

If you have any questions, please contact me and I will help you.

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