

In The Morning

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lisa Ferguson (UK)
音樂: I May Hate Myself In the Morning - Lee Ann Womack



RIGHT MAMBO FORWARD, LEFT COASTER STEP, STEP ½ PIVOT LEFT, ROCK FORWARD RIGHT, REPLACE

1&2 Rock forward on right, replace weight onto left, step right beside left
3&4 Step back on left, step right beside left, step forward on left
5-6 Step forward right, pivot ½ turn left
7-8 Rock forward on right, replace weight onto left

RIGHT COASTER CROSS, LEFT SIDE ROCK & CROSS, MONTEREY ½ TURN RIGHT, TOUCH LEFT OUT, IN, OUT

1&2 Step back on right, step left beside right, cross right over left
3&4 Rock left out to left side, replace weight onto right, cross left over right
5-6 Touch right out to right side make ½ turn right on ball of left, step right beside left
7&8 Touch left out to left side, touch left beside right, touch left out to left side

LEFT SAILOR STEP, SWAY RIGHT, LEFT, RIGHT SAILOR STEP, TOUCH RIGHT BEHIND, UNWIND ½ TURN LEFT

1&2 Cross left behind right, step right to right side, step left in place
3-4 Step right to right side swaying hips right, left transferring weight onto left
5&6 Cross right behind left, step left to left side, step right in place
7-8 Touch left behind right, unwind ½ turn left putting weight onto left

STEP ¼ PIVOT LEFT, CROSS, BACK, BACK, CROSS, BACK, BACK, STEP ½ PIVOT LEFT

1-2 Step forward right, pivot ¼ turn left
3&4 Cross right over left, step back on left, step back on right
5&6 Cross left over right, step back on right, step back on left
7-8 Step forward right, pivot ½ turn left

REPEAT
