

# In The Morning

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Alan Haywood (UK)  
音樂: In the Morning - The Coral



## RIGHT SHUFFLE, LEFT SHUFFLE, SWITCH RIGHT AND LEFT AND STEP TOUCH

1&2      Step right forward, close left, step right forward  
3&4      Step left forward, close right, step left forward  
5&6      Touch right to right side, step right next to left, touch left to left side  
&7-8      Step left next to right, step right forward, touch left next to right  
**Restart here on wall 4 add '&' beat to take weight back onto left**

## TRIPLE HALF RIGHT, ROCK BACK, RECOVER, KICK BALL STEP TWICE

1&2      Make triple  $\frac{1}{2}$  turn right, stepping left right left  
3-4      Rock back onto right, recover weight forward onto left  
5&6      Kick right forward, step right next to left, step left forward  
7&8      Kick right forward, step right next to left, step left forward

## SIDE HOLD & SIDE HOLD, ROLL FULL TURN LEFT, SIDE SHUFFLE

1&2      Step right to right side, hold  
&3-4      Step left next to right, step right to right side, hold  
**On counts 1&2 &3-4, side holds can be done as snake/body rolls for styling**  
5-6      Step left  $\frac{1}{4}$  left, make  $\frac{1}{2}$  turn left stepping right back  
7&8      Step left  $\frac{1}{4}$  left, step right next to left, step left to left side

### Easy option:

5-6-7&8      Left side, right next to left, left side shuffle

## HEEL JACKS, RIGHT TOE STRUT $\frac{1}{2}$ TURN LEFT, LEFT TOE STRUT $\frac{1}{4}$ TURN LEFT

1&2      Cross step right over left, step left to left side, touch right heel diagonally forward  
&3      Step right next to left, cross step left over right.  
&4      Step right to right side, touch left heel diagonally forward  
&5-6      Step left next to right, touch right toe forward, make a  $\frac{1}{2}$  left dropping right heel  
7-8      Touch left toe  $\frac{1}{4}$  left, drop left heel

## REPEAT

## RESTART

**On wall 4, after count 8, transfer the weight onto left to enable you to restart the dance with the right shuffle forward**