

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