

Sunday Morning

COPPER KNOB
STEPSHEETS

拍數: 32
牆數: 4
編舞者: Niels Poulsen (DK) - June 2010
音樂: Easy - The Commodores

級數: Intermediate / Advanced



Intro: 16 counts from first beat (app. 15 seconds into track). Start with weight on L
2 EASY tags: After wall 1, facing 9:00. After wall 3, facing 3:00. After wall 5, facing 9:00. See info below

(1 – 8) ½ R, full turn X 2, side, cross, basic R, ¼ R, ¼ R, cross rock

- 1 Turn ½ R on L stepping fw on R (1) 6:00
2&3 Turn ½ R stepping back on L (2), turn ½ R stepping fw on R (&), turn ½ R stepping back on L sweeping R to R side turning another ½ R on L foot (3) (Easier option: turn ¼, ¼, ½ thus turning 1 full turn rather than 2 full turns on counts 2&3) 6:00
4&5 Step down on R (4), cross L over R (&), step R a big step to R side (5) 6:00
6&7 Close L behind R (6), cross R over L (&), turn ¼ R stepping back on L (7) 9:00
&8& Turn ¼ R stepping R to R side (&), cross rock L over R (8), recover on R foot (&) 12:00

(9 – 16) ¼ sweep, jazz ¼ R, twinkle ½ turn L, cross rock side, cross rock ¼ L

- 1 Turn ¼ L stepping fw on L and sweeping R from back to front (1) 9:00
2&3 Cross R over L (2), turn ¼ R stepping back on L (&), step R to R side (3) 12:00
4&5 Step L diagonally fw towards 1:30 (4), turn 3/8 L stepping back on R (&), turn ¼ L stepping diagonally fw on L but facing 6:00 (5) 6:00
6&7 Cross rock R over L (6), recover back on L (&), step R to R side (7) 6:00
&8& Cross rock L over R (&), recover R (8), turn ¼ L stepping L fw (&) See OPTION below 3:00

(17 – 24) ½ L, ½ L, step ½ L, run run point, side R, cross L over R, side rock, weave

- 1 Turn ½ L stepping back on R sweeping L out to L side getting ready for next turn (1) 9:00
2&3 Turn ½ L on R stepping fw on L (2), step fw on R (&), turn ½ L stepping onto L (3) 9:00
4&5 Run R diagonally fw towards 7:30 (4), run L diagonally fw (&), point R foot fw and start sweeping R to R side (5) (Styling: when pointing R fw twist L heel to L side and twist upper body to R side) 7:30
6& Square up to 9:00 stepping R to R side (6), cross L over R (&) 9:00
7&8& Rock R to R side (7), recover weight to L (&), cross R over L (8), step L to L side (&) 9:00

(25 – 32) R behind L, behind side fw, ½ R, full turn R, step turn step, rock R fw

- 1 Cross R slightly behind L sweeping L out to L side (1) 9:00
2&3 Cross L behind R (2), step R to R side (&), step fw on L (3) 9:00
4&5 Turn ½ R stepping onto R (4), turn ½ R stepping back on L (&), turn ½ R stepping fw on R (5) (Easier option: do a ½ shuffle turn R stepping R L R) 3:00
6&7 Step fw on L (6), turn ½ R stepping onto R (&), step fw on L (7) 9:00
8& Rock R fw (8), recover weight back to L (&) 9:00

Begin again!...

Tag 1 After wall 1 (facing 9:00) and after wall 3 (facing 3:00) there is a 4 count tag:

½ R, step turn step, rock fw R

- 1 – 2& Turn ½ R stepping fw on R (1), step fw on L fw (2), turn ½ R stepping onto R (&)
3 – 4& Step fw on L (3), rock R fw (4), recover weight back to L foot (&)

Tag 2 After wall 5 (facing 9:00) there's a 2 count tag:

Rock back on R, recover with prep

- 1 – 2 Rock back on R (1), recover weight to L twisting upper body to L prepping for turn (2) 9:00

OPTION On wall 1, 3, 6 and 8 the beats in the music will change on counts &&& during 2nd section. The

counts for the quick beats are now &a8 meaning you do the cross rock $\frac{1}{4}$ L quicker: Cross rock L over R (&),
recover R (a), turn $\frac{1}{4}$ L stepping L fw (8)

GOOD LUCK!
