

# Early Morning Blues

COPPER KNOB  
STEPPERS

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Jill Babinec (USA) & Scott Schrank (USA) - July 2010  
音樂: Early In the Morning - Cyndi Lauper : (CD: Memphis Blues)



**Intro: 32 Counts From The First Hard Beat Of Music (Starts On "Early In The Mornin' )**

**(1-8) CROSS, HOLD, RECOVER-BACK, RECOVER, CROSS, SIDE, KICK-BALL-STEP**

1-2                      Cross right foot over left, Hold (Weight the right)  
&3-4                    Recover weight back onto left foot, Step back on right foot (Body is on left diagonal), Recover weight forward onto the left foot (Body is still on left diagonal)  
5-6                      Cross right foot over left, Step left foot left (Square up to 12:00 Wall)  
7&8                     Kick right foot slightly forward, Step ball of right next to left, Step left foot forward

**(9-16) WALK, WALK, CROSS-BACK-HOME, CROSS, SIDE, HOLD, BOUNCE X2**

1-2                      Step right foot forward, step left foot forward  
3&4                      Cross right foot over left, Step left foot back, Step right foot next to left  
5-6-7                    Cross left foot over right, Step right foot right, Hold

**(Wide stance placing hands on inner thighs with elbows out) (12:00)**

&8                      Quickly come up on balls of both feet-then dropping the heels on the "&" and "8" count

**(Make sure the weight is on the left foot)**

**(17-24) CROSS, SIDE, SAILOR STEP, CROSS, TURN, BACK-RECOVER-BACK**

1-2                      Step right foot over left, Step left foot left,  
3&4                      Step right foot slightly behind left, Step left foot next to right, Step right foot diagonally forward  
5-6                      Step left foot over right, Make 1/4 turn left stepping right foot back (9:00)  
7&8                      Step left foot slightly behind right , Recover weight to right foot, Shift weight back to left

**(25-32) ROCK RECOVER BACK, BACK RECOVER BACK, HOP-TOUCH, HOLD, HOP-CROSS-SIDE-TOUCH**

1&2                      Step back on right foot, Recover weight forward on left foot, Shift weight back onto right foot  
3&4                      Step back with left foot, Recover weight forward on right foot, Shift weight back onto left foot.  
&5-6                      Hop onto right foot while making 1/4 turn right, Touch left toes next to right, Hold (12:00)  
&7&8                      Hop left foot left, Cross right foot over left, Step left foot, Touch right toes next to left (Weight the left)

**(33-40) ROCK, RECOVER, COASTER STEP, ROCKER RECOVER TRIPLE STEP (3/4)**

1-2                      Rock forward on right foot, Recover weight to left foot  
3&4                      Step right foot back, Step left foot next to right, Step right foot forward  
5-6                      Rock forward on left foot, Recover weight to right foot  
7&8                      Triple step in place making 3/4 turn over left shoulder (L-R-L) (3:00)

**(41-48) STEP, GRIND-TURN, STEP, GRIND-TURN, CROSS & HEEL& CROSS-ROCK-RECOVER**

1-2                      Step right foot forward, Grind hips while making 1/4 turn left  
3-4                      Step right foot forward, Grind hips while making 1/4 turn left (9:00)  
5&6                      Cross right foot over left, Step left to left , Place right heel on right diagonal  
&7&8                      Step back on right, Cross left over right, Rock right foot to right, Recover weight to left

**Start dance over and enjoy**

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