

# Good Morning! Buddies

**COPPER** KNOB  
BY STEPHENETS

拍數: 48                      牆數: 4                      級數: Easy Intermediate  
編舞者: Salfoo (MY) - January 2012  
音樂: Good Morning (feat. TobyMac) - Mandisa



**Starts: 32 counts from start of Track**

## **[01 – 08] RF TO R, DIAGONAL COASTER STEP, DIAGONAL COASTER STEP 1/2 TURN LEFT, COASTER STEP**

1, 2&3                      Step RF to R [1], Diagonally Step LF Back [2], Step RF Beside L [&], Step LF Forward [3] - 12.00  
4&5                          Diagonally Step RF Back [4], Step LF Beside R [&], Step RF Forward [5]  
6, 7&8                      Make a 1/2 Turn L (Weight On RF) [6] - 6.00 Step LF Back [7] Step RF Beside L [&], Step L Forward [8]

## **[09 – 16] FORWARD SHUFFLE, FORWARD SHUFFLE, JAZZ BOX FORWARD**

1&2                          Step RF Forward [1], Close LF Beside R [&], Step RF Forward [2] - 6.00  
3&4                          Step LF Forward [3], Close RF Beside L [&], Step LF Forward [4]  
5-6 7-8                      Cross RF Over L [5], Step LF Back [6], Step RF To R [7], Step LF Forward [8]

## **[17 – 24] RF TO R, DIAGONAL COASTER STEP, DIAGONAL COASTER STEP 1/2 TURN LEFT, COASTER STEP**

1, 2&3                      Step RF to R [1], Diagonally Step LF Back [2], Step RF Beside L [&], Step LF Forward [3] - 6.00  
4&5                          Diagonally Step RF Back [4], Step LF Beside R [&], Step RF Forward [5]  
6, 7&8                      Make a 1/2 Turn L (Weight On RF) [6] - 12.00 Step LF Back [7] Step RF Beside L [&], Step L Forward [8]

## **[25 – 32] FORWARD SHUFFLE, FORWARD SHUFFLE, JAZZ BOX FORWARD**

1&2                          Step RF Forward [1], Close LF Beside R [&], Step RF Forward [2] - 12.00  
3&4                          Step LF Forward [3], Close RF Beside L [&], Step LF Forward [4]  
5-6 7-8                      Cross RF Over L [5], Step LF Back [6], Step RF To R [7], Step LF Forward [8]

## **[33 – 40] R HEEL, TOE, HEEL, DOWN, L HEEL, TOE, HEEL, DOWN**

1-2 3-4                      Step R Heel To R [1], Touch R Toe Beside LF [2], Step R Heel To R [3], Step R Toe Down Beside LF [4] - 12.00  
5-6 7-8                      Step L Heel To L [1], Touch L Toe Beside RF [2], Step L Heel To L [7] Step L Toe Down Beside RF [8]

## **[41 – 48] RF OVER LF, POINT L TOE TO L, LF OVER RF, POINT R TOE TO R R JAZZ BOX 1/4 TURN R**

1-2 3-4                      Cross RF Over L [1], Point L Toe To L Side (Add Shoulder Shimmies) [2], Cross LF Over R [3], Pointing R Toe To R Side (Add Shoulder Shimmies)[4] - 12.00  
5-6 7-8                      Cross RF Over L [5], Step LF Back [6], Make 1/4 Turn R Stepping RF To R [7], Step LF Forward [8] - 3.00

## **TAG: BEGINNING OF WALL 6TH - 3.00**

## **[01 – 08] R DOROTHY STEP, L DOROTHY STEP, FORWARD ROCK, RECOVER, COASTER STEP**

1-2&                          Step RF Diagonal Forward To R [1], Lock LF Behind RF [2], Step RF Diagonal Forward To R [&] - 3.00  
3-4&                          Step LF Diagonal Forward To L [3], Lock RF Behind LF [4], Step LF Diagonal Forward To L [&]  
5-6 7&8                      Rock Forward On RF [5], Recover Onto LF [6], Step RF Back [7], Close LF Beside R [&], Step RF Forward [8]

**[09 – 16] L DOROTHY STEP, R DOROTHY STEP FORWARD ROCK, RECOVER, COASTER STEP**

- 1-2& Step LF Diagonal Forward To L [1], Lock RF Behind LF [2], Step LF Diagonal Forward To L [&] - 3.00
- 3-4& Step RF Diagonal Forward To R [3,] Lock LF Behind RF [4], Step RF Diagonal Forward To R (&)
- 5-6 7&8 Rock Forward On LF [5], Recover Onto RF [6], Step Back On LF [7], Close RF Beside L (&), Step LF Forward [8]

**[17 – 24] R DOROTHY STEP, L DOROTHY STEP, FORWARD ROCK, RECOVER, COASTER STEP**

- 1-2& Step RF Diagonal Forward To R [1], Lock LF Behind RF [2], Step RF Diagonal Forward To R [&] - 3.00
- 3-4& Step LF Diagonal Forward To L [3], Lock RF Behind LF [4], Step LF Diagonal Forward To L [&]
- 5-6 7&8 Rock Forward On RF [5], Recover Onto LF [6], Step RF Back [7], Close LF Beside R [&], Step RF Forward [8]

**[25 – 32] L DOROTHY STEP, R DOROTHY STEP FORWARD ROCK, RECOVER, COASTER STEP**

- 1-2& Step LF Diagonal Forward To L [1], Lock RF Behind LF [2], Step LF Diagonal Forward To L [&] - 3.00
- 3-4& Step RF Diagonal Forward To R [3,] Lock LF Behind RF [4], Step RF Diagonal Forward To R (&)
- 5-6 7&8 Rock Forward On LF [5], Recover Onto RF [6], Step Back On LF [7], Close RF Beside L (&), Step LF Forward [8]

**START AGAIN...HAVE FUN!**

**FINALE: LAST 8TH = R JAZZ BOX 1/2 R (FACING FRONT WALL)**

- 5-6 7-8 Cross RF Over L, Step LF Back, 1/2 Turn R Stepping RF to R Side, Step LF Forward

**Dedicated to My Hooley with SAL Buddies**

Updated: 25.05.24

Last Update 25 May 2024 – R3

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