

Easy Sunday Morning

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Shanthie De Mel (AUS) - August 2012
音樂: Sunday Morning Coming Down - Johnny Cash



Intro only 2 counts. Start immediately on " - - woke up" - Rotation ccw:

Note slow tempo, 84 BPM.

This dance is dedicated to Christene of Kerang (The quiet, classy one)!

Thanks Christene for giving me this song. Happy dancing!

LOCK STEPS FWD RIGHT & LEFT WITH SCUFF

1, 2, 3, 4 Step R fwd. Lock L behind R. Step R fwd. Scuff L fwd.

5, 6, 7, 8 Step L fwd. Lock R behind L. Step L fwd. Scuff R fwd. (12:00)

CROSS ROCK. REP. BACK. HOLD. (TO BOTH SIDES)

1, 2, 3, 4 Cross rock R over L. Rep L. Step R back. Hold.

5, 6, 7, 8 Cross rock L over R. Rep R. Step L back. Hold. (12:00)

TOE STRUTS BACK x2 TURNING 1/4 LEFT. SIDE. TOG. SIDE. HOLD.

1, 2 Step back on R toe. Step R heel down.

3, 4 Turning 1/4 left step back on L toe. Step L heel down.(9:00)

5, 6, 7, 8 Step R to right side. Step L tog. Step R to right side. Hold.

SIDE. TOG. SIDE. HOLD.

1, 2, 3, 4 Step L to left side. Step R tog. Step L to left side. Hold.

RESTART HERE facing 6:00 after Rotation 2.

SWAY RIGHT. SWAY LEFT.

5, 6, 7, 8 Sway to right in place for 2 counts. Sway to left in place for 2 counts. (9:00)

ENDING OPTIONAL. At the end of the song, cross R over L & slow unwind to face 12:00.
