

Sunday Morning (悠閒周日) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Niels Poulsen (DK) - 2009年06月
音乐: Easy - The Commodores



前奏: Intro: 16 counts from first beat (app. 15 seconds into track). Start with weight on L

第一段 ½ R, Full Turn X2, Side, Cross, Basic R, ¼ R, ¼ R, Cross Rock
1/2右, 二個轉圈, 側, 交叉, 右基本, 1/4右, 1/4右, 交叉下沉

1 Turn ½ R on L stepping fw on R (1) [6:00]
右轉180度右足前踏(面向6點鐘)

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) [6:00]
右轉180度左足後踏, 右轉180度右足前踏, 右轉180度左足後踏右足右繞180度重心在左足(面向6點鐘)

Easier: turn ¼, ¼, ½ thus turning 1 full turn rather than 2 full turns on counts 2&3) 2&3 拍改成轉一圈
簡易版

4&5 Step down on R (4), cross L over R (&), step R a big step to R side (5) [6:00] 右足踏, 左足於右足前交叉踏, 右足右一大步(面向6點鐘)

6&7 Close L behind R (6), cross R over L (&), turn ¼ R stepping back on L (7) [9:00]
左足併踏, 右足於左足前交叉踏, 右轉90度左足後踏(面向9點鐘)

8&8 Turn ¼ R stepping R to R side (&), cross rock L over R (8), recover on R foot (&) [12:00]
右轉90度右足右踏, 左足於右足前交叉下沉, 右足回復(面向12點鐘)

第二段 ¼ Sweep, Jazz ¼ R, Twinkle ½ Turn L, Cross Rock Side, Cross Rock ¼ L 1/4繞, 爵士1/4右, 華士1/2左轉, 交叉下沉側, 交叉下沉1/4左

1 Turn ¼ L stepping fw on L and sweeping R from back to front (1) [9:00] 左轉90度左足前踏右足繞至前(面向9點鐘)

2&3 Cross R over L (2), turn ¼ R stepping back on L (&), step R to R side (3) [12:00]
右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏(面向12點鐘)

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]
左足斜前踏(面向1:30), 左轉135度右足後踏, 左轉90度左足斜前踏但面向6點鐘

6&7 Cross rock R over L (6), recover back on L (&), step R to R side (7) [6:00] 右足於左足前交叉下沉, 左足回復, 右足右踏(面向6點鐘)

8&8 Cross rock L over R (&), recover R (8), turn ¼ L stepping L fw (&) See OPTION below [3:00]
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏,

OPTION On wall 1, 3, 6 and 8 the beats in the music will change on counts 8&8 during 2nd section. The counts for the quick beats are now &a8 meaning you do the cross rock ¼ L quicker: Cross rock L over R (&), recover R (a), turn ¼ L stepping L fw (8)

在第一,三,六,八面牆跳至第二段結束時, 音樂會有些許變化, 舞步節拍換成&a8, 交叉下沉動作要加速完成

第三段 ½ L, ½ L, Step ½ L, Run Run Point, Side R, Cross L Over R, Side Rock, Weave
1/2左, 1/2左, 踏左1/2, 跑跑點, 右, 左於右前交叉, 側下沉, 藤步

1 Turn ½ L stepping back on R sweeping L out to L side getting ready for next turn (1) [9:00]
左轉180度右足後踏左足左繞準備下一個轉的動作

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]
左轉180度左足前踏, 右足前踏, 左轉180度左足踏(面向9點鐘)

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)
右足斜前跑(面向7:30), 左足前跑, 右足前點右足右繞

Styling: when pointing R fw twist L heel to L side and twist upper body to R side [7:30] 當右足前點時旋轉左足踵向左, 身體則轉向右(面向7:30)

- 6& Square up to 9:00 stepping R to R side (6), cross L over R (&) [9:00] 右轉45度右足右踏, 左足於右足前交叉踏(面向9點鐘)
- 7&8& Rock R to R side (7), recover weight to L (&), cross R over L (8), step L to L side (&) [9:00] 右足右下沉, 左足回復, 右足於左足前交叉踏, 左足左踏(面向9點鐘)

第四段 R Behind L, Behind Side Fw, ½ R, Full Turn R, Step Turn Step, Rock R Fw 右於左後, 後旁前, 1/2右, 轉圈右, 踏轉踏, 右下沉前

- 1 Cross R slightly behind L sweeping L out to L side (1) [9:00] 右足於左足略後交叉踏左足左繞至後(面向9點鐘)
- 2&3 Cross L behind R (2), step R to R side (&), step fw on L (3) [9:00] 左足於右足後交叉踏, 右足右踏, 左足前踏(面向9點鐘)
- 4&5 Turn ½ R stepping onto R (4), turn ½ R stepping back on L (&), turn ½ R stepping fw on R (5) 右轉180度右足踏, 右轉180度左足後踏, 右轉180度右足前踏
- Easier: do a ½ shuffle turn R stepping R L R [3:00] 右180度轉交換-右, 左, 右(面向3點鐘)
- 6&7 Step fw on L (6), turn ½ R stepping onto R (&), step fw on L (7) [9:00] 左足前踏, 右轉180度右足踏, 左足前踏(面向9點鐘)
- 8& Rock R fw (8), recover weight back to L (&) [9:00] 右足前下沉, 左足回復

TAG 1: AFTER wall 1 (facing 9:00) and AFTER wall 3 (facing 3:00) there is a 4 count tag : 第一面牆面向9點鐘及第三面牆面向3點鐘時加4拍

½ R, Step Turn Step, Rock Fw R 右轉1/2, 踏轉踏, 右前下沉回復

- 1-2& Turn ½ R stepping fw on R (1), step fw on L fw (2), turn ½ R stepping onto R (&) 右轉180度右足前踏, 左足前踏, 右轉180度右足踏
- 3-4& Step fw on L (3), rock R fw (4), recover weight back to L foot (&) 左足前踏, 右足前下沉, 左足後回復

TAG 2: AFTER wall 5 (facing 9:00) there's a 2 count tag:
第五面牆面向9點鐘時加2拍

Rock Back On R, Recover With Prep 右後下沉回復

- 1-2 Rock back on R (1), recover weight to L twisting upper body to L prepping for turn (2) [9:00] 右足後下沉, 左足回復(面向9點鐘)