

4 in the Morning

拍数: 48 墙数: 4 级数: Improver
编舞者: Norman Gifford (USA) - January 2017
音乐: It's Four in the Morning - Faron Young



(Stride forward, swivel turn ½ left, step slightly back, stride back, together, step forward)

1-3 Left stride forward; right step turning ½ left; left step back (6:00)
4-6 Right step back; left together; right step forward

(Waltz basic forward, twinkle step)

1-3 Left stride forward; right step forward; left step forward
4-6 Right crossover; left together; right step in place

(Twinkle-turn, coaster step)

1-3 Left crossover; right step side turning ¼ left; left step back (3:00)
4-6 Right step back; left together; right step forward

(Waltz balance forward and back)

1-3 Left stride forward; right touch side; hold
4-6 Right stride back; left touch side; hold ***

(Twinkle-step, crossvine)

1-3 Left crossover; right together; left step slightly side
4-6 Right crossover; left step side; right behind

(Long step side, draw together, hold, rolling-turn right)

1-3 Left long step side; right draw together (no weight); hold
4-6 Right step side in 3rd position; left step full turn right; right step side (3:00)

(Crossvine, draw together)

1-3 Left crossover; right step side; left behind
4-6 Right long step side; left draw together (no weight); hold

(Rolling-turn left, crossover, toe-touch side, hold)

1-3 Left step side in 3rd position; right step full turn left; left step side
4-6 Right crossover; touch side; hold

BEGIN AGAIN

*** RESTART on Wall #5 (you will be facing 3:00)

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