



编舞者: Gregory F. Huff (USA) - April 2023 音乐: Joy In the Morning - Shelby 5



#32 count intro; start dance at :22 in music.

TOE HEEL, TOE HEEL, SHUFFLE, TOE HEEL

1-2	Touch ball of right foot forward, bring right heel down to the floor
3-4	Touch ball of left foot forward, bring left heel down to the floor
5&6	Step forward right, step left next to right, step forward right
7-8	Touch ball of left foot forward, bring left heel down to the floor

DIAGONAL STEP TOUCHES FORWARD, CLAP HIGH 2X, STEP TOUCHES BACK, CLAP LOW 2X

1-2	Step diagonally forward right, raise hands above your head and clap to the right as you touch your left foot next to right
3-4	Step diagonally forward left, clap your hands to the left as you touch right foot next to left
5-6	Step diagonally backward right, lower hands to knee level and clap to the right as you touch your right foot next to left
7-8	Step diagonally backward left, clap to the left as you touch your right foot next to left

RIGHT SIDE TO SIDE, LEFT SIDE TO SIDE

1-2	Step right foot to the right, step left next to right
3-4	Step right foot to the right, touch left foot next to right
5-6	Step left foot to the left, step right next to left
7-8	Step left foot to the left, touch right foot next to left

1/4 RIGHT TURNING JAZZ BOX, DOUBLE FIST PUMP JUMP 3X, HOLD

1-2	Cross right foot over left, step backward on your left foot
3-4	Step right foot 1/4 turn to the right, step left next to right
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5-7 As you pump your fists above your head up and down, jump in place 3 times

8 Hold (stand in place with your arms at your sides).

OPTIONAL:

At the start of the song, Charleston music is played. You may do the Charleston as the music plays: cross right over left, step right next to left, cross left behind right, step left next to right, repeat.

Add your own style and have fun!! Gregory F. Huff © 4/2023

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