

Good Morning M.I.A.

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Easy Beginner
编舞者: Sue Korek (USA) - 21 May 2025
音乐: Good Morning - Mandisa
或: M.I.A. - Benny Benassi & Emma Muscat



Alternate Music:

M.I.A. – Benny Benassi & Emma Muscat (14 July 2023) Intro: 16 counts, bpm=128

Intro: 32 counts

Section 1 (LOCK STEP, SCUFF, LOCK STEP, SCUFF)

1-2 Step R forward, step lock L behind R
3-4 Step R forward, scuff L
5-6 Step L forward, step lock R behind L
7-8 Step L forward, scuff R

Section 2 (ROCKING CHAIR, JAZZ BOX 1/2 TURN RIGHT)

1-2 Rock R forward, recover L
3-4 Rock R back, recover L
5-6 Cross R over L, step L back
7-8 1/2 turn right step R, step L beside R

Optional: modify 1/2 turn right to 1/4 turn right for a 4-wall dance.

Section 3 (SHUFFLE FWD RLR, SHUFFLE LRL, TWO CROSS POINTS BACK)

1&2 Shuffle forward RLR
3&4 Shuffle forward LRL
5-6 Cross R behind L, point L out
7-8 Cross L behind R, touch R beside L

Section 4 (WALK FWD, POINT, WALK BACK, STOMP)

1-2 Walk R forward, walk L forward
3-4 Walk R forward, point L to left side
5-6 Walk L back, walk R back
7-8 Walk L back, stomp R

Contact: suekorek@gmail.com

Last Update: 22 May 2025
