

Hi Good Morning, Have Breakfast!

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Improver
编舞者: Joyce Chen - May 2011
音乐: Hi Good Morning Have Breakfast - Hsiao Huang-Chi



Intro: 40 counts - Sequence: AB-Tag-AB-AB-BA-Ending

Part A

[S1] Twist heels

1-2 Twist heels to right, hold
3-4 Twist heels to left, hold
5&6 Twist heels to right, left, right (weight on right)
7&8 Twist heels to left, right, left (weight on left)

[S2] Cross, Point, Cross, Point, Point Front, Point side, Sailor turn 1/4

1-2 Cross RF over LF, Left toe point to left side
3-4 Cross LF over RF, Right toe point to right side
5-6 Right toe point front, Right toe point to right side
7&8 Cross RF behind LF 1/4 turn right, LF left to left side, RF to right side

[S3] Rock, Recover, Triple 1/2 turn, Rock, Recover, Triple 1/2 turn

1-2 Rock forward on left, Recover back right
3&4 Make 1/2 Turn left w/ Triple Step (LF_iRF_iLF)
5-6 Rock forward on right, Recover back left
7&8 Make 1/2 Turn right w/ Triple Step (RF_iLF_iRF)

[S4] Step 1/2 Pivot, 1/4 turn left, Touch, Out, Out, In, In, Out, Out, In, In,

1-2 LF forward, pivot 1/2 turn right stepping on RF
3-4 1 1/4 turn right stepping LF to left side, Right toe touch next to left
&5&6 RF to right side, LF to left side, RF back to center, LF next right
&7&8 RF to right side, LF to left side, RF back to center, LF next right

[S5] Toe, Drop, Toe, Drop, scissor step

1-2 Place toe of right diagonally forward, Drop right heel (1.00)
3-4 Place toe of left diagonally forward, Drop left heel
5-8 RF to right side, LF together with RF, RF across in front of LF, Hold (11.00)

[S6] Toe, Drop, Toe, Drop, scissor step

1-2 Place toe of left diagonally forward, Drop left heel (11.00)
3-4 Place toe of right diagonally forward, Drop right heel
5-8 LF to left side, RF together with LF, LF across in front of RF, Hold (1.00)

[S7] Step 1/2 Pivot turn, shuffle forward, step 1/2 pivot turn, shuffle forward

1-2 RF forward, pivot 1/2 turn left stepping on LF
3&4 Shuffle forward stepping (RF_iLF_iRF)
5-6 LF forward, pivot 1/2 turn right stepping on RF
7&8 Shuffle forward stepping (LF_iRF_iLF)

[S8] Walk forward X3, Kick, Walk back X2, Coaster Step

1-4 Walk forward RF_iLF_iRF, Kick Lf forward (Clap)
5-6 Walk back LF_iRF
7&8 Step back on LF, RF next to LF, Step forward on RF

Part B

[S1] Weave right, Monterey turn

- 1-2 RF to right side, cross LF behind RF
- 3-4 RF to right side, cross LF over RF
- 5-6 Right toe point to right side, half turn right stepping RF next to LF
- 7-8 Left toe point to left side, LF next RF

[S2] Heel Toe Swivel X3, Clap, Heel Toe Swivel X3, Clap

- 1-4 Swivel heels right, Swivels toes right, Swivel heels right, Clap
- 5-6 Swivel heels left, Swivels toes left, Swivel heels left, Clap

[S3] Weave right, Monterey turn

- 1-2 RF to right side, cross LF behind RF
- 3-4 RF to right side, cross LF over RF
- 5-6 Right toe point to right side, 1/2 turn right stepping RF next to LF

Alternative (to make dance become 4 wall: Right toe point to right side, 1/4 turn right stepping RF next to LF

- 7-8 Left toe point to left side, LF next RF

[S4] Heel Toe Swivel X3, Clap, Heel Toe Swivel X3, Clap

- 1-4 Swivel heels right, Swivels toes right, Swivel heels right, Clap
- 5-6 Swivel heels left, Swivels toes left, Swivel heels left, Clap

Tag After fist Part A & B round

[S1] Walk full turn

- 1-8 Walk RF; Hold; LF; Hold; RF; Hold; LF; Hold and make full turn over right shoulder.

[S2] Rumba box

- 1-4 RF to right side, LF beside RF, step forward on RF, Hold
- 5-8 LF to left side, RF beside LF, step back on LF, Hold

Ending: V-step

- 1-2 RF diagonally forward right, LF diagonally forward left
 - 3-4 RF back into center, LF beside right
 - 5 Pose.
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