

Drunk In The Morning

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4
编舞者: Niels Poulsen (DK) - June 2012

音乐: Drunk In the Morning - Lukas Graham : (iTunes)



Intro: 40 counts from first beat in music (app. 26 secs. into track). Weight on L foot

[1 – 8] Fw coaster, out out, & cross shuffle hitch, knee move, cross, side rock cross, side L

- &1 – 2 Step fw on R (&), step L next to R (1), step back on R (2) □12:00
&3& Step L a small step to L (&), step R a small step to R (3), step L behind R (&) □12:00
4&5 Cross R over L (4), step L to L side (&), cross R over L hitching L knee at the same time (5)

Styling for counts 5–6: try to rise on the ball of your R foot when doing your knee move 12:00

- 6& Move your L knee slightly across R (6), step down on L and in front of R (&) □12:00
7&8& Rock R to R side (7), recover on L (&), cross R over L (8), step L to L side (&) □12:00

[9 – 16] □¼ R walking R L, rock R, run back R L R with push, drag, & cross shuffle curvy ¼ R

- 1 – 2 Turn ¼ R walking fw on R and flicking L foot backwards (1), walk fw on L (2) □3:00
3& Rock fw on R (3), recover weight back on L (&) □3:00
4&5 Run back on R (4), run back on L (&) push with L foot stepping R a big step back (5) □3:00
6& Drag L next to R (6), step L slightly past R foot (&) □3:00
7&8& Cross R over L (7), turn 1/8 R stepping L to L side (&), Repeat counts 7& □6:00

[17 – 24] □Cross sweep, cross side rock, ball cross, ¼ L, ½ L, full triple L, step fw L

- 1 – 2 Cross R over L and starting to sweep L fw (1), continue sweeping L fw (2) □6:00
&3& Cross L over R (&), rock R to R side (3), recover on L (&) □6:00
4& Step R slightly behind L (4), cross L over R (&) □6:00
5 – 6 Turn ¼ L stepping back on R (5), turn ½ L stepping fw on L (6) □9:00
7&8& Turn ½ L stepping back on R (7), turn ¼ L stepping L to L side (&), turn ¼ L stepping fw on R (8), step L a small step fw (&) - Styling: bend in knees when making your full turn □9:00

[25 – 32] □Side R, toe heel swivel with L slide, & R jazz box, fw L, R kick fw, out R L, back R L

- 1&2&3 Step R to R side with R toes turned diagonally L (1), swivel R toes to R side (&), swivel R heel to R side (2), swivel R toes to R side (&), swivel R heel to R side (3) - Note: at the same time as you swivel your toes/heel you also drag L foot towards R □9:00
& Step L next to R (&) □9:00
4&5& Cross R over L (4), step back on L (&), step R to R side (5), step fw on L (&) □9:00
6&7 Kick R fw (6), step R a small step to R side (&), step L a small step to L side (7) □9:00
&8 Step R a small step back and to centre (&), step L next to R (8) (note: counts &7&8&1 combine into the shape of a diamond!) 9:00

Begin again!

Tag! There's a 2 count tag during walls 4 and 8, facing 3:00 each time. Do counts 1–6 of section 1. 0
Then, to hit the break ADD a syncopated jazz box on counts 7&8, then Restart: 3:00

- 7&8 Cross L over R (7), step R a small step back (&), step L a small step to L side (8) □3:00

Option! On wall 2 (starts facing 9:00) and wall 5 (starts facing 12:00) the beat changes in sections 1 and 3. The beats I want you to hit are '3', '5' and '7'. Do the following:

Section 1: □(Fw coaster), out L R, drag, ball cross hitch, knee move, cross, R side rock

- &3 – 4 Step L a small step to L side (&), step R a small step to R side (3), drag L next to R (4)
&5 – 6 Step small step back L (&), cross R over L hitching L knee (5), move L knee slightly to R (6)
&7 – 8 Cross L over R (&), rock R to R side (7), recover weight on L (8)

Section 3: □(Cross sweep), cross, R side rock, ball cross, ¼ L, ¼ L with R ball cross, ¼ L fw

&3 – 4 Cross L over R (&), rock R to R side (3), recover weight to L foot (4)

&5 – 6 Step R slightly behind L (&), cross L over R (5), turn ¼ L stepping back on R (6)

&7 – 8 Turn ¼ L stepping L to L side (&), cross R over L (7), turn ¼ L stepping L a small step fw (8)

Ending □The dance finishes at 12:00 automatically. Do the first 5 counts and then you're done!12:00

Contact: niels@love-to-dance.dk - www.love-to-dance.dk
