

Good Morning

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Beginner - warm up
编舞者: Jo Thompson Szymanski (USA) & Machel Cook Holloway (USA) - February 2013
音乐: Good Morning (feat. TobyMac) - Mandisa



Alt. music: Sweet Home New Orleans by Scooter Lee

[1-8] 3 WALKS FORWARD, KICK, 3 WALKS BACK, TOUCH

1-4 Walk forward R, L, R, Kick L forward
5-8 Walk back L, R, L, Touch R beside L

[9-16] 4 STEP TOUCHES

1-2 Step R to right, Touch L beside R
3-4 Step L to L, Touch R beside L
5-6 Step R to right, Touch L beside R
7-8 Step L to L, Touch R beside L

Note: On the step touches you may do different variations to warm up different parts of the body.

Try these: Step touches with snaps, claps or shoulder rolls Step, heel forward Step, toe back Step, kick Step, knee lift Make up your own variations!

[17-32] REPEAT WALKS FORWARD & BACK, 4 STEP TOUCHES 1-16 Repeat above counts 1-16

[33-48] VINE R, TOUCH, VINE L, TURN 1/4 L*, VINE R, TOUCH, VINE L, TOUCH

1-4 Step R to right, Step L behind R, Step R to right, Touch L beside R
5-8 Step L to left, Step R behind L, Turn 1/4 left step L forward, Touch R beside L

1-4 Step R to right, Step L behind R, Step R to right, Touch L beside R
5-8 Step L to left, Step R behind L, Step L to left, Touch R beside L

***Note:** For a one wall version of this dance delete the 1/4 turn on the vine.

Also, instead of vines you may do basics: Side, Together, Side, Touch, etc.
