

Sunday Morning Heart

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Laurent Chalon (BEL) - March 2020
音樂: Sunday Morning Heart - Jon Langston



Intro : 16 Counts

Section 1 : Cross, Side, Behind, Side Point, Cross, Side, Behind Side Cross

- 1 Cross LF over RF
- 2 RF step to the right
- 3 Cross LF behind RF
- 4 RF Point to the right side
- 5 Cross RF over LF
- 6 LF step to the left
- 7&8 Cross RF behind LF, LF step to the left, cross RF over LF

Section 2 : Side Rock, Cross Shuffle, Side Rock, Cross, Side Point

- 1-2 Side Rock LF to the left, recover on RF
- 3&4 Cross LF over RF, RF step to the right, Cross LF over RF
- 5-6 Side Rock RF to the right side, recover on LF
- 7 Cross RF over LF
- 8 Point LF to the Left*

* Restart here wall 4

Section 3 : Step Pivot ½ turn R, Shuffle Fwd, Rock Fwd ¼ turn R, Side Rock

- 1-2 LF step forward, Pivot ½ turn to the right 06:00
- 3&4 LF Step forward, RF next to LF, LF step forward
- 5-6 Rock forward RF, recover on LF with ¼ turn to the right 09:00
- 7-8 Side Rock RF to the right, recover on LF

Section 4 : Jazz Box, Rock Fwd, Coaster Step

- 1-4 Cross RF over LF, LF Step back, RF step to the right, LF step forward
- 5-6 Rock forward RF, recover on LF
- 7&8 RF step back, LF next to RF, RF step forward

TAG: Rocking Chair

End wall 7

- 1-2 Rock forward LF, Recover on RF
- 3-4 Rock back LF, Recover on RF

Bonne danse...

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Last Update - 14 April 2021