

Early Morning Blues

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Jill Babinec (USA) & Scott Schrank (USA) - July 2010
音樂: Early In the Morning - Cyndi Lauper : (CD: Memphis Blues)



Intro: 32 Counts From The First Hard Beat Of Music (Starts On "Early In The Mornin')

(1-8) CROSS, HOLD, RECOVER-BACK, RECOVER, CROSS, SIDE, KICK-BALL-STEP

1-2 Cross right foot over left, Hold (Weight the right)
&3-4 Recover weight back onto left foot, Step back on right foot (Body is on left diagonal), Recover weight forward onto the left foot (Body is still on left diagonal)
5-6 Cross right foot over left, Step left foot left (Square up to 12:00 Wall)
7&8 Kick right foot slightly forward, Step ball of right next to left, Step left foot forward

(9-16) WALK, WALK, CROSS-BACK-HOME, CROSS, SIDE, HOLD, BOUNCE X2

1-2 Step right foot forward, step left foot forward
3&4 Cross right foot over left, Step left foot back, Step right foot next to left
5-6-7 Cross left foot over right, Step right foot right, Hold

(Wide stance placing hands on inner thighs with elbows out) (12:00)

&8 Quickly come up on balls of both feet-then dropping the heels on the "&" and "8" count

(Make sure the weight is on the left foot)

(17-24) CROSS, SIDE, SAILOR STEP, CROSS, TURN, BACK-RECOVER-BACK

1-2 Step right foot over left, Step left foot left,
3&4 Step right foot slightly behind left, Step left foot next to right, Step right foot diagonally forward
5-6 Step left foot over right, Make 1/4 turn left stepping right foot back (9:00)
7&8 Step left foot slightly behind right , Recover weight to right foot, Shift weight back to left

(25-32) ROCK RECOVER BACK, BACK RECOVER BACK, HOP-TOUCH, HOLD, HOP-CROSS-SIDE-TOUCH

1&2 Step back on right foot, Recover weight forward on left foot, Shift weight back onto right foot
3&4 Step back with left foot, Recover weight forward on right foot, Shift weight back onto left foot.
&5-6 Hop onto right foot while making 1/4 turn right, Touch left toes next to right, Hold (12:00)
&7&8 Hop left foot left, Cross right foot over left, Step left foot, Touch right toes next to left (Weight the left)

(33-40) ROCK, RECOVER, COASTER STEP, ROCKER RECOVER TRIPLE STEP (3/4)

1-2 Rock forward on right foot, Recover weight to left foot
3&4 Step right foot back, Step left foot next to right, Step right foot forward
5-6 Rock forward on left foot, Recover weight to right foot
7&8 Triple step in place making 3/4 turn over left shoulder (L-R-L) (3:00)

(41-48) STEP, GRIND-TURN, STEP, GRIND-TURN, CROSS & HEEL& CROSS-ROCK-RECOVER

1-2 Step right foot forward, Grind hips while making 1/4 turn left
3-4 Step right foot forward, Grind hips while making 1/4 turn left (9:00)
5&6 Cross right foot over left, Step left to left , Place right heel on right diagonal
&7&8 Step back on right, Cross left over right, Rock right foot to right, Recover weight to left

Start dance over and enjoy

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