

Good Morning! Buddies

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Salfoo (MY) - January 2012
音樂: Good Morning (feat. TobyMac) - Mandisa



Starts: 32 counts from start of Track

[01 – 08] RF TO R, DIAGONAL COASTER STEP, DIAGONAL COASTER STEP 1/2 TURN LEFT, COASTER STEP

1, 2&3 Step RF to R [1], Diagonally Step LF Back [2], Step RF Beside L [&], Step LF Forward [3] - 12.00
4&5 Diagonally Step RF Back [4], Step LF Beside R [&], Step RF Forward [5]
6, 7&8 Make a 1/2 Turn L (Weight On RF) [6] - 6.00 Step LF Back [7] Step RF Beside L [&], Step L Forward [8]

[09 – 16] FORWARD SHUFFLE, FORWARD SHUFFLE, JAZZ BOX FORWARD

1&2 Step RF Forward [1], Close LF Beside R [&], Step RF Forward [2] - 6.00
3&4 Step LF Forward [3], Close RF Beside L [&], Step LF Forward [4]
5-6 7-8 Cross RF Over L [5], Step LF Back [6], Step RF To R [7], Step LF Forward [8]

[17 – 24] RF TO R, DIAGONAL COASTER STEP, DIAGONAL COASTER STEP 1/2 TURN LEFT, COASTER STEP

1, 2&3 Step RF to R [1], Diagonally Step LF Back [2], Step RF Beside L [&], Step LF Forward [3] - 6.00
4&5 Diagonally Step RF Back [4], Step LF Beside R [&], Step RF Forward [5]
6, 7&8 Make a 1/2 Turn L (Weight On RF) [6] - 12.00 Step LF Back [7] Step RF Beside L [&], Step L Forward [8]

[25 – 32] FORWARD SHUFFLE, FORWARD SHUFFLE, JAZZ BOX FORWARD

1&2 Step RF Forward [1], Close LF Beside R [&], Step RF Forward [2] - 12.00
3&4 Step LF Forward [3], Close RF Beside L [&], Step LF Forward [4]
5-6 7-8 Cross RF Over L [5], Step LF Back [6], Step RF To R [7], Step LF Forward [8]

[33 – 40] R HEEL, TOE, HEEL, DOWN, L HEEL, TOE, HEEL, DOWN

1-2 3-4 Step R Heel To R [1], Touch R Toe Beside LF [2], Step R Heel To R [3], Step R Toe Down Beside LF [4] - 12.00
5-6 7-8 Step L Heel To L [1], Touch L Toe Beside RF [2], Step L Heel To L [7] Step L Toe Down Beside RF [8]

[41 – 48] RF OVER LF, POINT L TOE TO L, LF OVER RF, POINT R TOE TO R R JAZZ BOX 1/4 TURN R

1-2 3-4 Cross RF Over L [1], Point L Toe To L Side (Add Shoulder Shimmies) [2], Cross LF Over R [3], Pointing R Toe To R Side (Add Shoulder Shimmies)[4] - 12.00
5-6 7-8 Cross RF Over L [5], Step LF Back [6], Make 1/4 Turn R Stepping RF To R [7], Step LF Forward [8] - 3.00

TAG: BEGINNING OF WALL 6TH - 3.00

[01 – 08] R DOROTHY STEP, L DOROTHY STEP, FORWARD ROCK, RECOVER, COASTER STEP

1-2& Step RF Diagonal Forward To R [1], Lock LF Behind RF [2], Step RF Diagonal Forward To R [&] - 3.00
3-4& Step LF Diagonal Forward To L [3], Lock RF Behind LF [4], Step LF Diagonal Forward To L [&]
5-6 7&8 Rock Forward On RF [5], Recover Onto LF [6], Step RF Back [7], Close LF Beside R [&], Step RF Forward [8]

[09 – 16] L DOROTHY STEP, R DOROTHY STEP FORWARD ROCK, RECOVER, COASTER STEP

- 1-2& Step LF Diagonal Forward To L [1], Lock RF Behind LF [2], Step LF Diagonal Forward To L [&] - 3.00
- 3-4& Step RF Diagonal Forward To R [3,] Lock LF Behind RF [4], Step RF Diagonal Forward To R [&]
- 5-6 7&8 Rock Forward On LF [5], Recover Onto RF [6], Step Back On LF [7], Close RF Beside L (&), Step LF Forward [8]

[17 – 24] R DOROTHY STEP, L DOROTHY STEP, FORWARD ROCK, RECOVER, COASTER STEP

- 1-2& Step RF Diagonal Forward To R [1], Lock LF Behind RF [2], Step RF Diagonal Forward To R [&] - 3.00
- 3-4& Step LF Diagonal Forward To L [3], Lock RF Behind LF [4], Step LF Diagonal Forward To L [&]
- 5-6 7&8 Rock Forward On RF [5], Recover Onto LF [6], Step RF Back [7], Close LF Beside R [&], Step RF Forward [8]

[25 – 32] L DOROTHY STEP, R DOROTHY STEP FORWARD ROCK, RECOVER, COASTER STEP

- 1-2& Step LF Diagonal Forward To L [1], Lock RF Behind LF [2], Step LF Diagonal Forward To L [&] - 3.00
- 3-4& Step RF Diagonal Forward To R [3,] Lock LF Behind RF [4], Step RF Diagonal Forward To R [&]
- 5-6 7&8 Rock Forward On LF [5], Recover Onto RF [6], Step Back On LF [7], Close RF Beside L (&), Step LF Forward [8]

START AGAIN...HAVE FUN!

FINALE: LAST 8TH = R JAZZ BOX 1/2 R (FACING FRONT WALL)

- 5-6 7-8 Cross RF Over L, Step LF Back, 1/2 Turn R Stepping RF to R Side, Step LF Forward

Dedicated to My Hooley with SAL Buddies

Updated: 25.05.24

Last Update 25 May 2024 – R3
