

Mercy (高抬貴手) (zh)

COPPER KNOB
STYLEDANCE

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Kate Sala (UK) - 2008年02月

Musik: Mercy - Duffy : (CD: Single)



前奏 : 64 count intro. 64拍後起跳

第一段 Step, Pivot ½ Turn, Step, Mambo Step, Touch Behind, Reverse ½ Turn, Side Rock. 踏, 轉1/2, 踏, 曼波, 後點, 轉1/2, 側下沉

1 2 3 Step forward on R. Pivot ½ turn L. Step forward on R.
右足前踏, 左轉180度, 右足前踏

4 & 5 Rock forward on L. Rock back on R. Step back on L.
左足前下沉, 右足後下沉, 左足後踏

6 7 Touch R toe behind. Pivot ½ turn R.
右足趾後點, 右轉180度

8 1 Rock on L out to L side. Recover on to R.
左足左下沉, 右足回復

**第二段 Weave R, Side Rock R, Weave L.
右藤步, 右側下沉, 左藤步**

2 3 4 Cross step L over R. Step R to R side. Cross step L behind R.
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏

5 6 Rock out on R to R side. Recover on to L.
右足右下沉, 左足回復

7 8 Cross step R behind L. Step L to L side.
右足於左足後交叉踏, 左足左踏

**第三段 Step Together, Heel Bounce x 2 With ¼ Turn L, Coaster Step, Walk x 2, Mambo Step ¼ Turn R.
併踏, 足踵左轉1/4彈跳2次, 海岸步, 走步2次, 右轉1/4曼波**

1 2 3 Step R next to L. Bounce heels x 2 completing a ¼ turn L.
(As you lift the heels pop your knees forward).
右足併踏, 足踵左轉90度彈跳2次
(Bounce: 抬起足踵, 向前移動膝蓋)

4 & 5 Step back on L. Step R next to L. Step forward on L.
左足後踏, 右足併踏, 左足前踏

On wall 6 HOLD from here for 3 counts, start again from the beginning of the dance, facing 12 o'clock 第六面牆候3拍, 從頭起跳, 面向12點鐘

6 7 Walk forward on R, L. 走步(右, 左)

8 & 1 Rock forward on R. Rock back on L. Turn ¼ R stepping R to R side.
右足前下沉, 左足後下沉, 右轉90度右足右踏

**第四段 Swivel In Toe, Heel, L Sailor Step, Sway Hips R, L, R Sailor Step.
足趾轉動, 足踵, 左水手步, 擺臀 右, 左, 右水手步**

2 3 Swivel L toe in. Swivel L heel in. (Keep weight on R).
左足趾轉向內, 左足踵轉向內(重心在右足)

4 & 5 Cross step L behind R. Step R to R side. Step L in place.
左足於右足後交叉踏, 右足右踏, 右足原地踏

6 7 Sway hips R, Sway hips L. 右擺臀, 左擺臀

8 & 1 Cross step R behind L. Step L to L side. Step R in place.
右足於左足後交叉踏, 左足左踏, 右足原地踏

第五段 Kick, Touch Back, Kick Ball Change, Toe Strut, Mambo Step.
踢, 後點, 踢交換步, 趾踵步, 曼波

2 3 Kick L forward. Touch L toe back.
左足前踢, 左足趾後點

4 & 5 Kick L forward. Step down on ball of L. Step R in place.
左足前踢, 左足踏, 右足原地踏

6 7 Toe strut forward on L. 左足趾前點, 左足踵踏(趾踵步)

8 & 1 Rock forward on R. Rock back on L. Step back on R.
右足前下沉, 左足後下沉, 右足後踏

第六段 Walk back x 2, Coaster Step With ¼ Turn R, Full Turn L, Shuffle.
後走步2次, 右轉1/4海岸步, 左轉圈, 交換步

2 3 Walk back on L, R. 後走步(左, 右)

4 & 5 Turn ¼ R stepping back on L. Step R next to L. Step forward on L.
右轉90度左足後踏, 右足併踏, 左足前踏

6 7 Turn ½ L stepping back on R. Turn ½ L stepping forward on L.
左轉180度右足後踏, 左轉180度左足前踏

8 & Step forward on R. Step L next to R.
(Step forward on R to complete the shuffle but this step is count 1 starting again).
右足前踏, 左足併踏
