

Hello Mary Lou

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Herb Dula (USA) - November 2015
音乐: Hello Mary Lou - Band4Dancers



CHARLESTON STEP

1-2 Sweep/touch right forward, sweep/step right back
3-4 Sweep/touch left back, sweep/step left forward
5-6 Sweep/touch right forward, sweep/step right back
7-8 Sweep/touch left back, sweep/step left forward

SIDE SHUFFLES

1&2 Right side shuffle RLR
3&4 1/4 turn Left side shuffle LRL
5&6 1/4 turn Right side shuffle RLR
7&8 1/4 turn Left side shuffle LRL

WALK WALK, SHUFFLE, ROCK RECOVER, COASTER STEP

1-2 Walk, Walk RL,
3&4 Right shuffle forward RLR
5-6 Rock right forward, recover left back
7&8 Left coaster, Step left back & step right foot beside left, step left forward

HEEL JACKS, 1/4 MONTEREY

&1&2 Back on right at the same time Left heel forward, step Left down at the same time touch Right in place
&3&4 Back on right at the same time Left heel forward, step Left down at the same time touch Right in place
5-8 Point right toe to R side, make 1/4 turn on ball of left foot stepping right foot beside left, Point left to left, Bring Left to home and take weight

At the end of dance you will be doing the 1/4 side shuffles, just keep shuffling back to the front wall

Contact: danceduo@wideopenwest.com

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