

Sweet Mary Lou

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: Karen Holtom (UK) - February 2016
音乐: Hello Mary Lou - Ricky Nelson : (Album: Hits of the 60's - 2014)



Music available from iTunes or Amazon.co.uk

NO TAGS OR RE-STARTS

Intro: 16 Counts from strong beat. Start on the vocals.

SECTION 1: □ R BASIC NIGHT CLUB, L BASIC NIGHT CLUB, ROLLING GRAPEVINE R, CROSS

1, 2 & Long step to R, rock back on L, recover forward onto R
3, 4 & Long step to L, rock back on R, recover forward onto L
5, 6 Step forward R turning $\frac{1}{4}$ R, (3o'clock) step back on L turning $\frac{1}{2}$ R (9o'clock)
7, 8 Step R to R side turning $\frac{1}{4}$ R, cross L over R (12o'clock)

SECTION 2: □ SIDE TOGETHER BACK, LOCKSTEP BACK, COASTER CROSS, SIDE TOGETHER FORWARD

1 & 2, Step R to R side, step L beside R, step back on R
3 & 4 Step back on L, lock R across L, step back on L
5 & 6 Step back on R, step left beside R, cross R over L
7 & 8 Step L to L side, step R beside L, step forward on L

SECTION 3: □ ROCK RECOVER, SHUFFLE $\frac{1}{2}$ TURN, STEP $\frac{1}{4}$ TURN, PRISSY WALKS X 2

1, 2 Rock forward on R, recover onto L,
3 & 4 Making $\frac{1}{2}$ turn R shuffle forward R, L, R
5, 6 Step forward on L, pivot $\frac{1}{4}$ turn R
7, 8 Step L forward crossing L over R, Step R forward crossing R over L

SECTION 4: □ MAMBO FORWARD, LOCKSTEP BACK, SAILOR $\frac{1}{4}$ TURN, KICK BALL CHANGE

1 & 2 Rock forward on L, recover onto R, step back on L
3 & 4 Step back on R, lock L across R, step back on R
5 & 6 Making $\frac{1}{4}$ turn L, step L behind R, step R to R side, step L in place
7 & 8 Kick R forward, step R in place, step L in place.

Last Update - 22nd March 2016
