

Mic Drop

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Gemma Ridyard (UK) & Kerry Maus (USA) - April 2018
音乐: Mic Drop - Manic Drive : (iTunes)



Sequence: ABCCCC ABCCCC A16 ABCCCC

Intro: 16 counts

Section A: 32 counts

A[1-8] TRIPLE STEP, SWEEP, CROSS, ¼, ¼, FORWARD ROCK, SIDE ROCK, COASTER CROSS, POINT

- 1&2 1) Step R forward, &) step L beside R, 2) step R forward, sweep L from back to front
3&4 3) Cross L over R, &) turning ¼ left, step R back 4) turning ¼ left, step L to left [6:00]
5&6& 5) Rock R forward, &) recover L, 6) rock R to right, &) recover L
7&8& 7) Step R back, &) step L beside R, 8) cross R over L, &) point L to left

(arms: on counts 8& tap R hand to L shoulder 2x)

A[9-16] HITCH, CROSS PREP, FULL SPIRAL, SIDE CHASSE, ½ SIDE CHASSE,

- 1,2,3 1) Hitch L knee, 2-3) cross L in front of R, bending at knees, prep for full spiral right
4 4) Unwind full spiral, crossing R over L as you turn, weight to L
5&6& 5) Step R to right, &) step L beside R, 6) step R to right, &) ½ hinge turn left
7&8 7) Step L to left, &) step R beside L, 8) step L to left [12:00]

(arms: on count 1 pull R arm slowly across body to right and push out for counts 2-3)

A[17-24] CROSS ROCK, TOUCH, RECOVER SWEEP, SAILOR, CROSS, SIDE ROCK, REC (X2), HITCH W/FIST TAP

- 1&2 1) Cross rock R over L, &) touch L toe behind R, 2) recover L sweep R front to back
3&4 3) Cross R behind L, &) rock L to left, 4) recover R
5&6& 5) Cross L over R, &) rock R to right, 6) recover L &) cross R over L
7&8& 7) Rock L to left, &) recover R, and hitch L knee, 8-&) tap top of knee with closed fist (2x)

(arms: on count 1 cross hand over chest, and lower head, pop head up and arms out on count 2)

A[25-32] CROSS, BACK HEEL SLIDE, BALL CROSS, ¼ HEEL SWIVEL, ¼ HEEL SWIVEL, BALL, BACK, 1/8 , KNEE POP

- 1,2,3 1) Cross L over R, 2-3) Step R back on diagonal, while dragging L heel back
&4&5 &) Step L next to R, 4) Cross R over L, &) swivel L heel ½ turn left, 5) swivel R heel ½ turn left [4:30]
&6,7,8 &) Step L back, 6) step R back, 7) twist heels 1/8 right, 8) pop R knee, weight to L [6:00]

Section B: 16 counts

B[1-8] CROSS, BACK, SIDE, CROSS, BACK, SIDE, CROSS, BACK, SIDE, CROSS, POINT

- 1,2 1) Cross R over L, popping L knee, 2) step L back, popping R knee,
3,4 3) Step R to right, popping L knee, 4) cross L over R, popping R knee
5&6& 5) Step R back, &) Step L to left, 6) cross R over L, &) step L back
7&8 7) Step R to right, &) cross L over R, 8) point R to right

B[9-16] MAMBO STEP, MAMBO, BACK ¼, BACK ¼, OUT, OUT, W/ ARMS

- 1&2& 1) Rock R forward, &) recover L, 2) step R beside L, &) rock L forward
3&4& 3) Recover R, &) step L beside R, 4) turning ¼ right, step R back, &) turning ¼ right, step L back & out
5&6 5) Step R to right, &) step L to left, 6) hold,
&7 &) Arms bent stacked parallel in front, 7) R hand up, pivoting at elbow like a clock hand to 12:00,

&8 &) With arms straight out in front, make fist w/ L hand, grab fist w/ R hand, 8) open right hand and
"drop" L fist or "mic" L hand drops to side.

Section C: 16 counts

C[1-8] STEP, ½ PIVOT, HITCH, ¼ HITCH TURN, SAILOR, ½ SAILOR

&1,2 &) Step L in place, 1) step R forward, 2) pivot ½ turn left, weight to L [6:00]
3,4 3) Hitch R knee, 4) turn ¼ right, hitch R knee [9:00]
5&6 5) Cross R behind L, &) rock L to left, 6) recover to R
7&8 7) Turning ¼ left, cross L behind R, &) turning ¼ left, step R to right, 8) recover L [3:00]

C[9-16] MAMBO STEP, MAMBO, BACK ¼, BACK ¼, OUT, OUT, W/ ARMS

1&2& 1) Rock R forward, &) recover L, 2) step R beside L, &) rock L forward
3&4& 3) Recover R, &) step L beside R, 4) turning ¼ right, step R back, &) turning ¼ right, step L back & out
5&6 5) Step R to right, &) step L to left, 6) hold,
&7 &) Arms bent stacked parallel in front, 7) R hand up, pivoting at elbow like a clock hand to 12:00,
&8 &) With arms straight out in front, make fist w/ L hand, grab fist w/ R hand, 8) open right hand and
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Kerry: Kerrymausdance@gmail.com

Gem: Gem@gemridyard.com
