

Mr. Mom

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gitte Plöger (DK) - July 2019
音乐: Mr. Mom - Lonestar : (iTunes)



Intro: 32 count from heavy beat, start on vocal
Tag: 10 count after wall: 2 facing (6:00),

SEC:1 CHARLESTON STEPS X2

1 – 4 Step R fwd (1), kick L fwd (2), step L back (3), touch R back (4)
5 – 8 Step R fwd (5), kick L fwd (6), step L back (7), touch R back (8)

SEC 2: STEP, LOCK, STEP, SCUFF X 2 TO R & L DIAGONAL, STEP PIVOT ½ TURN, STEP PIVOT ¼ TURN

1&2& Step R fwd to right diagonal (1), lock L behind R (&), step R fwd to right diagonal (2), Scuff L fwd to left diagonal (&)
3 & 4& Step L fwd to left diagonal (3), lock R behind L (6), step L fwd to left diagonal (4), Scuff R fwd to R diagonal (&)
5 – 6 Step R fwd (5), pivot ½ turn L (6) (6:00)
7 – 8 Step R fwd(7), pivot ¼ turn L (8) (9:00)

SEC 3: SIDE TOGETHER FWD X 4 (R, L, R, L,)

1 & 2 Step R to right side (1), step L next to R (&), step R fwd (2)
3 & 4 Step L to left side (1), step R next to L (&), step L fwd (4)
5 & 6 Step R to right side (5), step L next to R (&), step R fwd (6)
7 & 8 Step L to left side (7), step R next to L (&), step L fwd (8)

SEC4: POINT FWD, POINT TO SIDE, BEHIND SIDE CROSS X 2 (R, L)

1 – 2 Point R toe fwd (1), point R toe to right side (2)
3 & 4 Step R behind L (3), step L to left side (&) cross R over L (4)
5 – 6 Point L toe fwd (5), point L toe to left side (6)
7 & 8 Step L behind R (7), step R to right side (&) cross L over R (8) (9:00)

Start again and enjoy!!

TAG: 10 COUNTS - AFTER WALL: 2 - FACING (6:00)

TAG: SIDE TOGETHER, SHUFFLE FWD, ROCK / RECOVER, SHUFFLE ½ TURN, STEP, PIVOT ½ TURN

1 – 2 Step R to right side (1), step L next to R (2)
3 & 4 step R fwd (3), step L next to R (&), step R fwd (4)
5 – 6 Rock L fwd (5), recover on R (6)
7 & 8 Make ½ turn left stepping L fwd (7) step R next to L (&) step L fwd (8) (1
1 – 2 Step R fwd (1) ½ pivot L (2)(6:00)

Ending: Wall : 8 starts facing (9:00) Dance count: 1 – 2 in sec: 4 (point R toe fwd (1), point R toe to right side), then step R back and drag L in front of R.

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