

Mona Lisa EZ

拍数: 64 墙数: 4 级数: Phrased Beginner
编舞者: Maryse Fourmage (FR) & Angéline Fourmage (FR) - March 2020
音乐: Mona Lisa - Rayelle



Start : 8 Count - Sequence : A-A-16-B-A-16-B-A-A(modified)-B

Part A : 32 Count

[1-8] Heel, Touch, Kick, Weave, Heel, Touch

1-2 Touch L heel on L Diagonal, Touch LF next to RF
3-4 Kick LF on L Diagonal, Cross LF behind RF
5-6 RF to R side, Cross LF behind RF
7-8 Touch R heel on R Diagonal, Touch RF next to LF

[9-16] Kick, Weave, Rock-Step, Back, Clap, Clap

1-2 Kick RF on R Diagonal, Cross RF behind LF
3-4 LF to L side, cross RF over LF
5-6 LF FW, Recover to RF
7&8 LF Back, Clap, Clap *Part B

[17-24] Rock-Step, Pivot ¼ L, Jazz-Box

1-2 RF Back, Recover to LF
3-4 RF FW, Pivot ¼ L
5-6 Cross RF over LF, LF Back
7-8 RF to R side, Cross LF over RF

[25-32] Side, Flick, Side, Flick, Chassé R, Rock Step

1-2 RF to R side, Flick LF behind RF
3-4 LF to L side, Flick RF behind LF
5&6 RF to R side, LF next to RF, RF to R side
7-8 LF behind, Recover to RF *Part B (modified : LF next to RF, Touch RF next to LF)

Part B : 32 Count

[1-8] Skate, Skate, Triple-Step, Skate, Skate, Triple-Step, Skate, Skate, Triple-Step

1-2 Skate RF on R Diagonal, Skate LF on L Diagonal
3&4 RF FW, LF next to RF, RF FW
5-6 Skate LF on L Diagonal, Skate RF on R Diagonal
7&8 LF FW, RF next to LF, LF FW

[9-16] Rocking-Chair, Step Turn ½ L, Walk L, Walk R

1-2 RF FW, Recover to LF
3-4 RF Back, Recover to LF
5-6 RF FW, Make ½ L (weight is on LF)
7-8 RF FW, LF FW

[17-24] Skate, Skate, Triple-Step, Skate, Skate, Triple-Step, Skate, Skate, Triple-Step

1-2 Skate RF on R Diagonal, Skate LF on L Diagonal
3&4 RF FW, LF next to RF, RF FW
5-6 Skate LF on L Diagonal, Skate RF on R Diagonal
7&8 LF FW, RF next to LF, LF FW

[25-32] Rocking-Chair, Step Turn ½ L, Walk L, Touch

1-2 RF FW, Recover to LF

3-4 RF Back, Recover to LF
5-6 RF FW, Make $\frac{1}{2}$ L (weight is on LF)
7-8 RF FW, Touch LF next to RF

Smile and enjoy the dance - Contact : maellynedance@gmail.com
