

Mercy Spell

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Molly Yeoh (MY) - August 2021
音乐: Mercy - Duffy



No tag no restart!

Intro: 48 (SIDE STEPS TO RIGHT, SIDE STEPS TO LEFT)2X

1 2 3 4 * Rf step to R hold on 2, Lf step beside Rf hold on 4.
5 6 7 8 * Rf step to R hold on 6, Lf step beside Rf hold on 8
1 2 3 4 ** Lf step to L hold on 2, Rf step beside Lf hold on 4
5 6 7 8 ** Lf step to L hold on 6, Rf step beside LF hold on 8
1 - 8 Repeat*
1 - 8 Repeat**

(FWD, BACK, RIGHT AND LEFT MAMBO)

1 2 3 4 Rf rock fwd recover on Lf, Rf rock back and hold (4)
5 6 7 8 Lf rock back recover on Rf, Lf step fwd and hold (8)
1 2 3 4 Rf R side rock recover on Lf, Rf step beside Lf and hold (4)
5 6 7 8 Lf L side rock recover on Rf, Lf step beside Rf and hold (8)

Main dance:-

Section 1: FWD 3 STEPS, TAP, KICK BALL TOUCH TO RIGHT, HOLD, STEP IN, POINT TO LEFT

1 2 3 4 Walk fwd on RF, LF, RF. LF tap behind RF,
5&6 7 &8 LF kick fwd and step down, RF point to R side, hold count 7, RF step beside LF, LF point to LF

Section 2: (STEP BACK, TOUCH) X2, SIDE POINT, ¼ LEFT TURN, TOUCH, BEHIND SIDE CROSS

1 2 3 4 Lf toe point slightly behind RF and step down, RF toe point slightly behind LF and step down
5 6 7&8 Lf point to L side, ¼ L turn, LF point to L side, Lf cross behind RF, RF step beside LF, LF cross over RF

Section 3: MONTEREY ½ TURN, STEP TOUCH TWICE (ROLL HIPS)

1 2 3 4 RF point to R side, 1/2 R turn, Rf step down, Lf point to L side and step beside Rf
5 6 7 8 RF step on the spot & hip roll from L to R, Lf touch beside Rf, Lf step down, hip roll to L side, Rf touch beside Lf

Section 4: RIGHT CHASSE, SIDE STEPS TO THE LEFT TWO TIMES

1 2 3&4 Step Rf to R, Lf follow, step Rf to R, Lf follow, step Rf to R
5 6 7 8 Step Lf to L, Rf follow, step Lf to L, Rf touch beside Lf

Note: After much consideration, I opt for a 32 steps choreography and do away with restarts as the tempo and beats blends easily with all the steps. Thank you.

Stay healthy! Dance safe!

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Last Update - 29 August 2021-R2