

Lucy In The Sky

拍数: 48 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK) - January 2024
音乐: Ain't Mary Jane - Jenny Tolman



(16 Count intro)

Music Available on Download from iTunes & www.amazon.co.uk

Forward Rock. & Heel Jack. Hold. & Forward Rock. Right Shuffle 1/2 Turn Right.

1 – 2 Rock forward on Right. Rock back on Left.
&3 – 4 Step back on Right. Touch Left heel forward. Hold
&5 – 6 Step Left back to place. Rock forward on Right. Rock back on Left.
7&8 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 6 o'clock)

Forward Rock. & Heel Jack. Hold. & Forward Rock. Left Triple 3/4 Turn Left.

1 – 2 Rock forward on Left. Rock back on Right.
&3 – 4 Step back on Left. Touch Right heel forward. Hold
&5 – 6 Step Right back to place. Rock forward on Left. Rock back on Right.
7&8 Left triple step making 3/4 turn Left stepping Left. Right. Left. (Facing 9 o'clock)

Right Hip Bump. Step Forward. Left Hip Bump. Step Forward. Forward Rock. Right Shuffle Back.

1 – 2 Touch Right toe forward bumping hips forward. Step slightly forward on Right.
3 – 4 Touch Left toe forward bumping hips forward. Step slightly forward on Left.
5 – 6 Rock forward on Right. Rock back on Left.
7&8 Right shuffle back stepping Right. Left. Right.

2 x Walks Back. Left Shuffle 1/2 Turn Left. Step. Pivot 1/2 Turn Left. Right Kick-Ball-Step Forward.

1 – 2 Walk back on Left. Walk back on Right.
3&4 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 3 o'clock)
5 – 6 Step forward on Right. Pivot 1/2 turn Left. (Facing 9 o'clock)
7&8 Kick Right forward. Step ball of Right beside Left. Step forward on Left. ***Restart Point***

Walk. Walk. & Walk. Walk. Forward Rock. Left Coaster Cross.

1 – 2 Walk forward on Right. Walk forward on Left.
&3 – 4 Step ball of Right beside Left. Walk forward on Left. Walk forward on Right.
5 – 6 Rock forward on Left. Rock back on Right.
7&8 Step back on Left. Step Right beside Left. Cross step Left over Right.

Full Circle Turn Right. Walk Around Right. Left. Right Shuffle. Walk Around Left. Right. Left Shuffle.

1 – 2 Make 1/8 turn Right stepping forward on Right. Make 1/8 turn Right stepping forward on Left.
3&4 Right shuffle around making 1/4 turn Right stepping Right. Left. Right. (Facing 3 o'clock)
5 – 6 Make 1/8 turn Right stepping forward on Left. Make 1/8 turn Right stepping forward on Right.
7&8 Left shuffle around making 1/4 turn Right stepping Left. Right. Left. (Facing 9 o'clock)

Start Again

Restart: Dance to Count 32 of Wall 1 ... then Start the dance again from the Beginning (Facing 9 o'clock)