

Mercy

拍数: 32 墙数: 2 级数: Improver
编舞者: Roger (leftfoot) Hunter (USA) - January 2024
音乐: Mercy - Valtnn



Intr: 32cts No tags or restart

S-1) Shuffle Forward R & L, Sweep Back x 4*

1&2,3&4 step R forward(1)step L next to(&)step R forward(2) step L forward(3),step R next to L(&)step L forward(4)
5,6,7,8 step R back(5),sweep L back(6),sweep R back(7)sweep L back(8)(12:00)

S-2) Rock Back, Recover, Side Behind ¼ , ¼, R, Cross L Over R

1,2,3,4 rock R back(1)recover on L(2)Step R to R(3)step L behind R(4)
5,6, step R ¼ turn R(5)step L forward pivoting ¼ turn R(6)(6:00)
7,8 recover on R(7)cross L over R(8)

S-3) Step R, Cross & Cross, Rock Rec. Cross & Cross, Step L

1,2&3,4 step R to R(1)cross L over R(2)step R to R(&)cross L over R(3) rock R to R((4)
5,6&7,8 recover on L(5)cross R over L(6)step L to L(&)cross R over L(7)step L to L. Step L to L(8)

S-4) Back Rock, Side Rock Jazz Box.

1,2,3,4 rock back on R(1)recover on L(2)rock R to side(3)recover on L(4)
5,6,7,8 cross R over L(5)step L back(6)step R to R(7),cross L over R(8)

*The shuffle forward needs to travel a lot and is quick so you can make the sweep back steps prominent as they are the catch step in the dance