

Mayday

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Marianne Langagne (FR) - April 2024
音乐: Mayday - Casey Barnes



Intro : 16 Counts - 2 Restarts (2nd & 4th walls)

Sequences : 32 – 16 R – 32 – 16 R – 32 – 32 – 32 – 32 – 32 – 32

S1 STEP FWD, KICK, BACK, TOUCH, KICK FWD, ¼ TURN R – KICK FWD, ROCK BACK

1 – 2 RF Fwd, Kick LF Fwd
3 – 4 LF Back, Touch RF next to LF
5 – 6 Kick RF Fwd, Pivot ¼ Turn R on Ball L – Kick RF Fwd (3.00)
7 – 8 RF Back, Recover on LF

S2 STEP ½ TURN L, SIDE ROCK, KICK BALL CHANGE, WALK R – L *

1 – 2 RF Fwd, ½ Turn L (weight on LF) 9.00
3 – 4 RF to the R, Recover on LF
5 – 6 Kick RF Fwd, Together, Return on LF
7 – 8 Walk R – L (* Option Stomp RF Fwd, Stomp LF Fwd or Full Turn)

- HERE RESTARTS : 2nd Wall & 4th Wall (Facing 12.00)

S3 SIDE, L POINT FWD, SIDE, R POINT FWD, SIDE ROCK, KICK CROSS TWICE

1 – 2 RF to the R, Point L Fwd
3 – 4 LF to the L, Point R Fwd
5 – 6 RF to the R, Recover on LF
7 – 8 Kick RF Crossed over L Leg X 2 (Kicks around 7.30)

S4 SIDE ROCK ¼ TURN L, ¼ TURN L – SIDE ROCK ¼ TURN L, JAZZ BOX ¼ TURN R

1 – 2 RF to the R, ¼ Turn L – Recover on LF (6.00)
3 – 4 ¼ Turn L – RF to the R (3.00) , ¼ Turn L – Recover on LF (12.00)
5 – 6 Cross RF over LF, LF back
7 – 8 ¼ Turn R – RF to the R (3.00) , LF Fwd

FINAL : The dance ends on count 32 at 6.00, continue with RF Fwd, ½ Turn L (12.00)

Dance & Have fun!!!!

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