

Mercy

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Maggie Gallagher (UK) - April 2024
音乐: Mercy - Rachel Platten



Intro: 4 counts (approx 4 secs)

Dance starts facing 10:30

S1: ROCK, RECOVER, ½, ROCK, RECOVER, ⅛ SIDE, CROSS SIDE BEHIND SWAY, SWAY, SWAY

1-2a Facing [10:30] rock forward on right, Recover on left, ½ right stepping forward on right [4:30]

Styling note: raise right arm up on count 1 and lower arm on count 2

3-4a Rock forward on left, Recover on right, ⅛ left stepping left to left side [3:00]

Styling note: raise left arm up on count 3 and lower arm on count 4

5&a6 Cross right over left, Step left to left side, Cross right behind left, Sway left stepping left to left side

7-8 Sway right stepping right to right side, Sway left [3:00]

S2: ¼, ½, ¼, L TWINKLE, STEP, BALL ROCK, RECOVER/RONDE HITCH, BACK/SWEEP, L COASTER

1a2 ¼ right stepping forward on right, ½ right stepping back on left, ¼ right stepping right to right side [3:00]

3&a4 Cross left over right, Step right to right side, Step left to left side turning to [1:30], Step forward on right [1:30]

a5 Step left next to right, Rock forward on right bending left knee and hooking left behind right [1:30]

6 Recover stepping back on left and ronde hitching right from front to back [1:30]

7 Step back on right sweeping left from front to back [1:30]

8&a Step back on left straightening to [3:00], Step right next to left, Step forward on left [3:00]

S3: FWD ROCK, RECOVER, ¼, CROSS SIDE BEHIND SIDE, STEP/SWEEP, CROSS SIDE, ½ HINGE/SWEEP, CROSS BACK SIDE

1-2a Rock forward on right, Recover on left, ¼ right stepping right to right side [6:00]

3a4a Cross left over right, Step right to right side, Cross left behind right, Step right to right side

5 Step forward on left slightly across right sweeping right from back to front

6a7 Cross right over left, Step left to left side, ½ hinge turn right stepping right to right side sweeping left from back to front [12:00]

8&a Cross left over right, Step back on right, Step left to left side turning towards [10:30]

S4: WALK/DRAG, WALK/DRAG, WALK/DRAG, STEP ½ STEP, WALK/DRAG, WALK/DRAG, WALK/DRAG L TWINKLE

1-2 Facing [10:30] walk forward on right dragging left to meet right, Walk forward on left dragging right to meet left

3 Walk forward on right dragging left to meet right [10:30]

4&a Step forward on left, Pivot ½ right, Step forward on left [4:30]

5-6 Walk forward on right dragging left to meet right, Walk forward on left dragging right to meet left

7 Walk forward on right dragging left to meet right

8&a Cross left over right, Step right to right side, Step left to left side turning towards [4:30]

TAG 1: At the end of Wall 2 facing [10:30], dance the following 4 count tag:

1-4 Rock forward on right, Recover on left, Rock forward on right, Recover on left

TAG 2: At the end of Wall 5 facing [4:30], dance the following 2 count tag:

1-2

Rock forward on right, Recover on left

ENDING: Wall 7 begins facing [10:30]. Dance 22a counts, then ½ hinge turn right taking long step on right to right side.

Hold this position facing [12:00]. Hold both arms out to the side and slowly raise them up high. Bring arms down slowly in front of you, making a big circle, then raise up again high to finish.

Thank you to Margaret Hains for suggesting this beautiful track

Maggie Gallagher - +44 7950291350

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