

Bloody Mary

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Aline Morel (FR) - October 2024
音乐: Bloody Mary (Born this way - International special edition version) - Lady Gaga
或: bloody mary (lady gaga) (sped up version) - sped up viral



- 2 restarts

Intro : 32 counts

[1-8] STEP R, TOUCH SIDE, STEP L, TOUCH SIDE, STEP R, TOUCH SIDE, STEP L, TOUCH SIDE

- 1-2 STEP RF forward bending your knees (1) – LF TOUCH to left side while CLICK your fingers down and straighten your legs (2)
- 3-4 STEP LF forward bending your knees (3) – RF TOUCH to right side while CLICK your fingers down and straighten your legs (4)
- 5-6 STEP RF forward bending your knees (5) – LF TOUCH to left side while CLICK your fingers down and straighten your legs (6)
- 7-8 STEP LF forward bending your knees (7) – RF TOUCH to right side while CLICK your fingers down and straighten your legs (8)

[9-16] TOUCH FWD, TOUCH SIDE, TOUCH FWD, TOUCH, SIDE/Drag, TOGETHER

- 1-2 RF TOUCH forward (1) – RF TOUCH to right side (2)
- 3-4 RF TOUCH forward (3) – TOUCH RF next to LF (4)
- 5-6-7 Long STEP RF to right side (5), Dragging LF to meet RF while raising the arms in opposite diagonals
- (right arm up, left arm down) with the elbows bent and the wrist released, bust tilted to the left (6-7)
- 8 LF TOGETHER next to RF (8)

[17-24] CROSS TOUCH, STEP SIDE R, CROSS TOUCH, STEP SIDE L, CROSS TOUCH, STEP SIDE R, CROSS TOUCH, STEP SIDE L

- 1-2 RF TOUCH crossing in front of LF while releasing the wrists to the right, with your elbows bent toward you (1) – STEP RF to right side (2)
- 3-4 LF TOUCH crossing in front of LR while releasing the wrists to the left, with your elbows bent toward you (3) – STEP LF to left side (4)
- 5-6 RF TOUCH crossing in front of LF while releasing the wrists to the right, with your elbows bent toward you (5) – STEP RF to right side (6)
- 7-8 LF TOUCH crossing in front of LR while releasing the wrists to the left, with your elbows bent toward you (7) – STEP LF to left side (8)

[25-32] STEP 1/4 TURN X2 w/HIP ROLL, STEP 1/8 TURN X2 w/HIP ROLL

- 1-2 STEP RF forward (1) - 1/4 turn to the left while rolling the hips counterclockwise [9 :00] (2)
- 3-4 STEP RF forward (3), 1/4 turn to the left while rolling the hips counterclockwise [6 :00] (4)
- 5-6 STEP RF forward (5), 1/8 turn to the left while rolling the hips counterclockwise [4 :30] (6)
- 7-8 STEP RF forward (7), 1/8 turn to the left while rolling the hips counterclockwise [3 :00] (8)

Styling : during HIP ROLL : STEP RF forward : arm right is bent above the head, arm left is bent at belly, palms facing outward. HIP ROLL 1/4-1/8 turn to the left while rolling the hips : both hands move in internal rotation toward you (1-8)

Restarts : Start wall 4 facing 9:00 and walls 7 facing 6 :00. Restart after count 16 counts.

Last Update: 23 Oct 2024