

Lord Have Mercy!

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Kash Bane (UK)
音乐: My Style (feat. Justin Timberlake) - Black Eyed Peas



RIGHT SHUFFLE, LEFT SAILOR STEP, ANCHOR STEP WITH ¼ SWEEP, LEFT COASTER STEP

- 1&2 Step right foot forward, close left foot next to right, step right foot forward
3&4 Step left behind right, step right to right side, step left to left side
5&6& Rock right foot behind left foot, recover onto left foot, rock back onto right foot and make a ¼ turn left on ball of right foot while sweeping left foot out
7&8 Step left foot back, step right foot next to left, step left foot forward

½ TURNING SHUFFLE, BACK ROCK, LEFT SHUFFLE, ¾ CHA-CHA

- 1&2 Make a ½ turn over left shoulder stepping back on right foot, close left foot next to right, step back on right foot
3-4 Rock back onto left foot, recover onto right
5&6 Step forward on left foot, close right foot next to left, step forward on left foot
7&8 Make a ¾ turn over left shoulder stepping right, left, right

SIDE ROCK, BALL STEP, TOUCH, SIDE ROCK, BALL STEP, STEP

- 1-2 Rock left foot to left side, recover onto right
&3 Step back on left, step right in place
4 Touch left next to right
5-6 Rock left foot out to left side again, recover onto right foot
&7 Step back on left, step right in place
8 Step left to left side

CROSS ROCK AND ¼ TURN, LEFT SHUFFLE, FULL TURN, ¾ CHA-CHA

- 1&2 Rock right foot across left foot, recover onto left foot, make a ¼ turn right by stepping forward on right
3&4 Step left foot forward, close right next to left, step forward on left
5-6 Make a ½ turn over left shoulder by stepping back on right, make a further ½ turn by stepping forward on left foot
7&8 Continue to turn a ¾ turn over left shoulder stepping right, left, right

STEP, SCUFF, CROSS, BACK ROCK, HEEL, STEP, SCUFF, CROSS, BACK ROCK, TOUCH

- 1 Step forward on left foot
2 Scuff right foot at left
3 Cross right over left
&4 Step back on left and touch right heel forward
&5 Step down on right foot, scuff left foot at right
6 Cross left over right
&7 Step back on right, touch left heel forward
&8 Step down on left, touch right next to left

RIGHT SHUFFLE, STEP, ½ PIVOT, STEP, RIGHT SHUFFLE, ¼ LEFT MAMBO

- 1&2 Step forward on right foot, close left foot next to right, step forward on right
3&4 Step forward on left foot, ½ pivot over right shoulder, step forward on left foot
5&6 Step forward on right foot, close left foot to right, step forward on right foot
7&8 Make a ¼ turn right on ball of right foot while rocking left foot to left side, recover onto right foot, step left next to right

REPEAT
