

Martha's Dance (P)

拍数: 48 墙数: 0 级数: Partner
编舞者: Sharon Lienard (USA) & Emil Lienard (USA)
音乐: Your Man - Josh Turner



Position: Sweetheart, or Side-by-Side Position

- 1-4 Step slightly forward on right and sway hips right, left, right, left
5-8 Rock back on right, replace weight to left, triple step right-left-right while turning $\frac{1}{2}$ turn to the left to end facing RLOD. Release left hands, right hands going over lady's head, rejoin left hands in front
- 9-12 Step back left, right, then turn $\frac{1}{4}$ left to face OLOD while doing triple step left-right-left. Release right hands and bring left arm over lady's hand and rejoining right hands at shoulder level
13-16 Facing OLOD, cross right over left, replace weight to left while taking right arms (to left) over lady's head. Triple step right-left-right moving slightly in RLOD direction and bringing arms back over lady's head to original position
- 17-20 Cross left over right, replace weight to right while taking left arms (to right) over lady's head. Triple step left-right-left moving slightly in LOD direction and bringing arms back over lady's head to original position
21-24 Drop left hands, walk right, left, man doing $\frac{1}{4}$ turn left to face LOD, lady does $1-\frac{1}{4}$ turn to the left to face LOD. Triple step forward right-left-right, rejoining hands in side-by-side position

This is a "mirror" dance, in that the 2nd half of the dance mirrors the first half, but is repeated on the opposite foot, which makes the turns slightly different

- 25-28 Step slightly forward on left and sway hips left, right, left, right
29-32 Rock back on left, replace weight to right, triple step left-right-left while turning $\frac{1}{2}$ turn to the right to end facing RLOD. Release right hands, left hands going over lady's head, rejoin right hands in back
- 34-36 Step back right, left, then turn $\frac{1}{4}$ right to face ILOD while doing triple step right-left-right.
37-40 Facing ILOD, cross left over right, replace weight to right. Triple step left-right-left moving slightly in RLOD direction
- 41-44 Cross right over left, replace weight to left. Triple step right-left-right moving slightly in LOD direction
45-48 Drop left hands, walk left, right, man doing $\frac{1}{4}$ turn right to face LOD, lady does $1-\frac{1}{4}$ turn to the right to face LOD. Triple step forward left-right-left, rejoining hands in side-by-side position

REPEAT