

编舞者: Judy McDonald (CAN)

音乐: Mary's Got a Baby - Maxi Priest



#### RIGHT SAILOR SHUFFLE, LEFT COASTER STEP

Step right behind left
Step left to side
Step right in place
Step left back
Step right beside left

4 Step left forward

## RIGHT TOUCH FRONT, RIGHT TOUCH BACK, RIGHT STEP FORWARD, PIVOT 1/4 LEFT STEP

Touch right forward
Touch right back
Step right forward

8 Make ¼ pivot to left and step left in place

#### RIGHT SAILOR SHUFFLE, LEFT KICK BALL CHANGE

Step right behind left
 Step left to side
 Step right in place
 Kick left forward
 Step left back
 Step right in place

### LEFT STEP, RIGHT TOUCH FRONT, RIGHT TOUCH SIDE, RIGHT TOUCH IN

Step left forward
Touch right front
Touch right side
Touch right beside left

For added fun, use your head and arms during the touches. On the touch forward, look straight ahead and put your arms out in front with palms forward in a "stop" position. On the touch side, look to the side and pull your hand in to your shoulders and push them out to the side with right palm facing forward and left palm facing right shoulder. On the touch in, look down and bring arms in to your shoulders and push them down to your side

#### RIGHT ROCK, LEFT STEP, RIGHT 1/4 TURN STEP, KNEE POPS TWICE

Step right forwardStep left in place

2 Make ¼ turn right and step right so feet are about shoulder width apart

& Raise heels off the floor while bending knees

3 Drop heels and straighten knees

& Raise heels off the floor while bending knees

4 Drop heels and straighten knees

Try doing something creative with your arms on the knee pops as well, such as shrugging your shoulders up and down or contracting them front and back

#### LEFT ROCK, RIGHT STEP, LEFT 1/4 TURN STEP, KNEE POPS TWICE

5 Step left forward& Step right in place

Make ¼ turn left and step left so feet are about shoulder width apart
Raise heels off the floor while bending knees
Drop heels and straighten knees
Raise heels off the floor while bending knees
Drop heels and straighten knees

# Try some arm variations here as well

# RIGHT CROSS STEP, LEFT TOUCH, LEFT CROSS STEP, RIGHT TOUCH

- 1 Step right across in front of left
- 2 Touch left to side
- 3 Step left across in front of right
- 4 Touch right to side

# RIGHT KICK, RIGHT STEP, LEFT KICK, LEFT STEP, RIGHT KICK FORWARD TWICE

Kick right forward
Step right beside left
Kick left forward
Kick left beside right
Kick right forward
Kick right forward

#### **REPEAT**