

Me, Marie

拍数: 32 墙数: 4 级数: Improver
编舞者: Mel Fisher (UK)
音乐: Me, Marie - Billy Yates



HEEL BALL STEP, FORWARD SHUFFLE, TOUCH FRONT SIDE, BACK SHUFFLE

1&2 Touch right heel forward, step back onto right, step forward onto left
3&4 Step forward on right, bring left beside right, step forward on right
5-6 Touch left toe in front of right foot, touch left toe beside right
7&8 Step back on left, step right beside left, step back on left

SIDE ROCK CROSS, ROCK ¼ TURN RIGHT STEP, JAZZ BOX

1&2 Rock right out to right side, step left in place, cross right over left
3&4 Rock left to left side, turn ¼ right step forward right, step forward left
5-6 Cross right over left, step back on left
7-8 Step to side on right, step left in place

Restart fourth wall at this point

SIDE SHUFFLE, BACK ROCK, HEEL BALL STEP, FORWARD SHUFFLE

1&2 Step right to right side, step left beside right, step right to right side
3-4 Rock back on left, step forward onto right
5&6 Touch left heel forward, step back onto left, step forward onto right
7&8 Step forward on left, step right beside left, step forward on left

CROSS, ¼ TURN RIGHT, TOE STRUT, BACK SHUFFLE, BACK ROCK

1-2 Cross right over left, turn ¼ right stepping back on left
3-4 Touch right toe back, step heel to floor
5&6 Step back on left, step right beside left, step back on left
7-8 Rock back on right, replace weight on left

REPEAT

To finish dance off at the same time as the music stops dance to section 3 heel ball step and then step forward on left
