# Mezmerised

拍数: 32

编舞者: Chris Gibbons (UK)

音乐: Ain't Got Nothing On Us - John Michael Montgomery

**墙数:**4

## **GRAPEVINE RIGHT WITH BALL CHANGE:**

- 1-2 Step to right with right foot, cross left foot behind
- 3&4 Step to right with right foot, step left foot next to right, step on right foot

## **GRAPEVINE LEFT WITH BALL CHANGE:**

- 5-6 Step to left with left foot, cross right foot behind
- 7&8 Step to left with left foot, step right foot next to left, step on left foot

## **KICK BALL STEPS-TRAVELING FORWARD**

- 9&10 Kick right forward, step on ball of right next to left, step forward with left
- Kick right forward, step on ball of right next to left, step forward with left 11&12
- 13&14 Kick right forward, step on ball of right next to left, step forward with left
- 15-16 Kick right forward twice

#### WALK BACK WITH COASTER STEP

- 17-18 Step back on right, step back on left
- 19-20 Step back on right, step together with left, step forward on right

## STOMPS & SWIVELS, SCOOTS & SWIVELS

- 21-22 Stomp left foot forward & out, stomp right foot forward & out
- 23-24 Swivel both heels to right and back to place
- 25-26 Scoot forward on both feet twice-(syncopate this if you like)
- 27-28 Swivel both heels to right and back to place

#### STEP TOUCH, TURN TOUCH

- 29-30 Step to right with right, touch left next to it
- 31-32 Step left to left making ¼ turn to left, touch right foot next to left

#### REPEAT

## **OPTIONAL 4 COUNT WIGGLE ON EVERY 3RD SEQUENCE**

To fit the phrasing of "Ain't Got Nothin' On Us" you need to have an extra four counts on the end of each third time through-The timing should be obvious as it is during the chorus, and these 4 extra counts will come just after John sings the word 'Mesmerised'-before the verse starts again. These 4 counts can be either a 4 count 'wiggle' or 4 knee-pops-standing with feet together bend left knee, bend right knee, bend left knee, bend right knee.





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