

Hello, Mary Lou

拍数: 32 墙数: 4 级数:
编舞者: Jenny Rockett (UK)
音乐: Hello Mary Lou - Rick Nelson



- 1& Rock right across left, return weight to left
2& Rock right to right, return weight to left
3&4 Right step across left, left step ¼ left, right step forward
5& Left rock forward, return weight to right
6& Left rock left, return weight to right
7&8 Left coaster step (left step back, right step together, left step forward)
- 9-10 Step forward right, left making a full turn left(to the left)
11&12 Right forward mambo step rock forward, return weight to left, right step together)
13&14 Left step back, right lock across left, left step back
15&16 Right step back, left lock across right, right step back
- 17-18 Left rock back, return weight to right
19&20 Left scuff, right scoot, left step forward
21-22 Right rock forward, return weight to left
23&24 Right shuffle making ½ turn right
- 25-26 Step forward left, right making a full turn right
27&28 Left forward mambo step(left rock forward, return weight to right, left step together)
29&30 Right step back, left lock across right, right step back
31&32 Left coaster step (left step back, right step together, left step forward)

REPEAT
