

Mary Lou

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: Hello Mary Lou - Brødrene Olsen



**1-8 2 X TOE
STRUTS /
SIDE- ROCK-
CROSS / SIDE-
BEHIND /
CHASSE 1/2
TURN**

1& Step Right
toe forward,
Drop Right heel
to floor
2& Step Left toe
forward, Drop
Left heel to
floor
3&4 Step Right
to Right side,
Rock weight
onto Left, Cross
step Right over
Left
5-6 Step Left to
Left side, Cross
Right behind
Left
7&8 Chasse
Left stepping on
Left-Right-Left
making 1/2 turn
Left

**9-16 & HEEL &
STEP / TRIPLE
1/2 TURN
RIGHT / WALK
BACK x 2 /
MAMBO STEP**

&1 Step back
on Right, Touch
Left heel
forward
&2 Step Left
next to Right,
Step forward on
Right
3&4 Triple 1/2
turn Right
stepping on
Left-Right-Left

5-6 Step back
on Right, Step
back on Left
7&8 Step back
on Right, Rock
weight forward
onto Left, Step
Right next to
Left

**17-24 LOCK
STEP /
STEP-1/4-
CROSS / ROCK
STEPS / SIDE-
ROCK-
CROSS**

1&2 Step
forward on Left,
Lock Left
behind Right,
Step forward on
Left

3&4 Step
forward on
Right, 1/4 turn
Left on balls of
both feet, Cross
step Right over
Left

5& Step forward
on Left, Rock
weight back
onto Right
(slight angle to
Left on rock
steps)

6& Step back
on Left, Rock
weight forward
onto Right

7&8 Step Left to
Left side, Rock
weight onto
Right, Cross
step Left over
Right

**25-32 ROCK
STEPS / SIDE-
ROCK- CROSS
/ KICK- BALL-
CROSS / SIDE-
TOG- FWD**

1& Step forward
on Right, Rock
weight back
onto Left (slight
angle to Right
on rock steps)

2& Step back
on Right, Rock
weight forward
onto Left
3&4 Step Right
to Right side,
Rock weight
onto Left, Cross
step Right over
Left
5&6 Kick Left
forward, Step in
place on Left,
Cross step
Right over Left
7&8 Step Left to
Left side, Step
Right next to
Left, Step
forward on Left
*NOTE: On wall
7 (last wall)
replace Mambo
Step (counts
15&16) with a
triple half turn*

Right to finish
facing home
wall!!!!
