

Me-O My-O

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Crystal Lee (SG) - April 2010
音乐: Jambalaya (On the Bayou) - Carpenters



Intro: 20 counts

Section 1: Kick-Ball-Change, Walk

1 & 2 Kick R forward, step R beside L, step L in place.
3 & 4 Repeat steps 1 & 2 (kick-ball-change)
5 – 8 Forward walks on R, L, R, step L beside R.

Section 2: Right Vine, Left Heel Dig, Left Vine, Right Heel Dig

1 & 2 Step R to right, step L behind R, step R to right.
3&, 4 Step L heel down, lift L. Step L heel down keeping weight on R.
5 & 6 Step L to left, step R behind L, step L to left.
7&, 8 Step R heel down, lift R. Step R heel down keeping weight on L.

As you do the heel digs, lock your fingers in front at waist level with palms down. On counts 3, 4, 7 and 8 push palms down and lift palms on counts &. At the same time, angle your body diagonally left for the left heel digs and right for the right heel digs.

Section 3: Step Hitch, ¼ Turn Right, Heel Strut

1&2& Step R forward, hitch L, step L back, hitch R,
3&4& ¼ turn right and step R forward, hitch L, step L forward, hitch R.
5&6& Step R heel forward, step R down, step L heel forward, step L down.
7&, 8 Step R heel forward, step R down, step L beside R.

Section 4: Walk, Right Coaster, Left Mambo, Right Mambo

1&2& Walk back on R, L, R, L.
3 & 4 Step back on R, step L beside R, step R forward.
5 & 6 Step L to left, rock recover on R, close L beside R.
7 & 8 Step R to right, rock recover on L, touch R beside L.

Start Again

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