

Mexicoma

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Audrey Watson (SCO) - January 2011
音乐: Mexicoma - Bucky Covington : (CD: I'm Alright)



Start dance 20 Count Intro on word "Water".

RIGHT DIAGONAL ROCK, BACK MAMBO STEP, FWD ROCK, SAILOR ¼ TURN LEFT.

- 1-2 Rock right diagonal right, recover back on left.
- 3&4 Rock back on right, recover fwd on left, step right next left.
- 5-6 Rock fwd on left, recover back on right.
- 7&8 Turn ¼ left stepping left behind right, step right to right side, step left to left side.

CROSS SIDE, BEHIND & CROSS, SIDE TOG, BACK COASTER CROSS.

- 1-2 Cross right over left, step left to left side.
- 3&4 Step right behind left, step left to left side, cross right over left.
- 5-6 Step left to left side, close right next left.
- 7&8 Step back on left, step right next left, cross left over right.

¼ TURN, ½ TURN, FWD SHUFFLE, STEP ¼ TURN, CROSS SHUFFLE.

- 1-2 Turn ¼ left stepping back on right, turn ½ left stepping fwd on left.
- 3&4 Shuffle fwd on right, left, right.
- 5-6 Step fwd on left, turn ¼ right.
- 7&8 Cross left over right, step right to right side, cross left over right.

(Full circle lock step) RIGHT LOCK, RIGHT LOCK STEP, LEFT LOCK, LEFT LOCK STEP.

- 1-2 Turning to complete a full circle right step fwd on right, lock left behind right.
- 3&4 Turning right, step right, lock left behind right, step fwd on right (Completed ½ turn)
- 5-6 Turning right, step left, lock right behind left.
- 7&8 Turning right, step left, lock right behind left, step fwd on left (Completed full circle right)

CROSS ROCK, CHASSE, CROSS ROCK, CHASSE ¼ TURN.

- 1-2 Cross rock right over left, recover back on left.
- 3&4 Step right to right side, close left next right, step right to right side.
- 5-6 Cross rock left over right, recover back on right.
- 7&8 Step left to left side, close right next left, turn ¼ left stepping fwd on left.

FWD ½ TURN, BACK COASTER STEP, FWD ¼ TURN, ½ HINGE TURN, CROSS

- 1-2 Step fwd on right, turn ½ right stepping back on left.
- 3&4 Step back on right, step left next right, step fwd on right.
- 5-6 Step fwd on left, turn ¼ left stepping right to right side.
- 7-8 Turn ½ left stepping left to left side, cross right over left.

(TURNING WEAVE) SIDE, BEHIND, ¼ TURN, STEP PIVOT ½ TURN, TURN ¼, BEHIND, SIDE.

- 1-2 Step left to left side, cross right behind left.
- 3-4 Turn ¼ left stepping fwd on left, Step fwd on right.
- 5-6 Turn ½ left, turn ¼ left stepping right to right side.
- 7-8 Cross left behind right, step right to right side.

STEP POINT, BACK POINT, STEP SWEEP ¼ TURN, SWAY, SWAY.

- 1-2 Cross left over right, point right toe to right side.
- 3-4 Step back on right, point left to to left side.

5-6 Step fwd on left, turn $\frac{1}{4}$ left sweeping right from back to front.
7-8 Sway right, sway left.

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