

Mister Stingray

拍数: 62 墙数: 4 级数: Intermediate
编舞者: DJ Dan (NL) & Winnie (NL) - July 2011
音乐: Big Train (From Memphis) - John Fogerty : (CD: Centerfield)



16 count intro, start on vocal

[1-8] SHUFFLE FWD, MAMBO STEP, COASTER STEP, ROCK STEP

1&2 Shuffle forward stepping Right, Left, Right.
3&4 Rock Left forward. Recover onto Right. Step Left back.
5&6 Step Right back. Step left next to Right. Step Right forward.
7-8 Rock Left forward. Recover onto Right.

[9-16] LOCK STEP BACK, 1/2 TURNING SHUFFLE, SIDE ROCK, CROSS SHUFFLE.

1&2 Step Left back. Lock Right over Left. Step Left back.
3&4 Shuffle 1/2 turn right stepping Right, Left, Right [6]
5-6 Rock Left to left side. Recover onto Right.
7&8 Cross Left over Right. Step Right to right side. Cross Left over Right.

[17-24] DIAGONAL ROCK STEP, BEHIND-SIDE-CROSS, R & L

1-2 Rock Right forward on right diagonal. Recover onto Left.
3&4 Cross Right behind Left. Step Left to left side. Cross Right over Left.
5-6 Rock Left forward on left diagonal. Recover onto Right.
7&8 Cross Left behind Right. Step Right to right side. Cross Left over Right.

[25-32] SIDE ROCK, 1/4 TURN SAILOR STEP, ROCK STEP, 1/2 TURN SAILOR STEP

1-2 Rock Right to right side. Recover onto Left.
3&4 Cross Right behind Left 1/4 turn right. Step Left next to Right. Step Right forward. [9]
5-6 Rock Left forward. Recover onto Right.
7&8 Cross Left behind Right 1/4 turn left. Step Right 1/4 turn left. Step Left forward. [3]

[33-40] HEEL SWITCHES, MAMBO STEP, COASTER CROSS, SIDE ROCK 1/4 TURN-STEP FWD.

1& Touch Right heel forward. Step Right next to Left.
2& Touch Left heel forward. Step Left next to Right.
3&4 Rock Right forward. Recover onto Left. Step Right back.
5&6 Step Left back. Step Right next to Left. Cross Left over Right.
7&8 Rock Right to right side. Recover onto Left 1/4 turn left. Step Right forward. [12]

[41-48] HEEL SWITCHES, MAMBO STEP, COASTER CROSS, SIDE ROCK 1/4 TURN-STEP FWD.

1& Touch Left heel forward. Step Left next to Right.
2& Touch Right heel forward. Step Right next to Left.
3&4 Rock Left forward. Recover onto Right. Step Left back.
5&6 Step Right back. Step Left next to Right. Cross Right over Left.
7&8 Rock Left to side. Recover onto Right 1/4 turn right. Step Left forward. [3]

[49-56] MAMBO FWD, MAMBO BACK, SHUFFLE, STEP-1/4 PIVOT-CROSS

1&2 Rock Right forward. Recover onto Left. Step Right back.
3&4 Rock Left back. Recover onto Right. Step Left forward. (Restart on wall 3 facing 3 o'clock)
5&6 Shuffle forward stepping Right, Left, Right.
7&8 Step Left forward. Pivot 1/4 turn Right. Cross Left over Right [6]

[57-62] VINE, CROSS, SIDE-TOGETHER-STEP BACK, SIDE-TOGETHER-STEP FWD.

1& Step Right to right side. Cross Left behind Right.
2& Step Right to right side. Cross Left over Right
3&4 Step Right to right side. Step Left next to Right. Step Right back.
5&6 Step Left to left side. Step Right next to Left. Step Left forward.

Restart on wall 3: Dance up to count 52 then restart dance from the beginning [3].

Contact - E-mail: danny.winnie2@gmail.com
