

Marina

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ria Vos (NL) - October 2011
音乐: Marina - Bouke : (Album: For The Good Times)



Intro: 16 counts

Cross Toe Strut, Back, Side, Cross, Hold, ¼ L, ¼ L

1-2 Cross on R Toe Over L, Lower R Heel
3-4 Step Back on L, Step R to Right Side
5-6 Cross L Over R, Hold
7-8 ¼ Turn Left Step Back on R, ¼ Turn Left Step L to Left Side

Cross Toe Strut, Back, Side, Cross, Toe-Heel-Toe

1-2 Cross on R Toe Over L, Lower R Heel
3-4 Step Back on L, Step R to Right Side
5-6 Cross L Over R, Touch R Toe Next to L with Heel Out
7-8 Touch R Heel Next to L with Toe Out, Touch R Toe Next to L with Heel Out

Side, Hold, Rock Back, Side, Kick, Behind, ¼ Turn L

1-2 Step R to Right Side, Hold
3-4 Rock Back on L, Recover on R
5-6 Step L to Left Side, Kick R to Right Diagonal
7-8 Step R Behind L, ¼ Turn Left Step Fwd on L

Step Fwd, Hold, ¼ L, Hold, Heel Grind L x2

1-2 Step Fwd on R, Hold
3-4 ¼ Pivot Turn Left, Hold
5-6 Dig R Heel Over L, Grind on Heel Toes to Right Side Stepping L to Left Side
7-8 Dig R Heel Over L, Grind on Heel Toes to Right Side Stepping L to Left Side

Rock Back, Side, Touch, Side, Together, Swivel

1-2 Rock Back on R, Recover on L
3-4 Step R to Right Side, Touch L Next to R
5-6 Step L to Left Side, Step R Next to L
7-8 Swivel on R Heel Toe to Right and on L Toe Heel to Left, Recover

Back Toe Strut, Coaster Step, Scuff, Step, Scuff

1-2 Step on R Toe Back, Lower R Heel
3-4 Step Back on L, Step R Next to L
5-6 Step Fwd on L, Scuff R Next to L ***Ending Count 7: ¼ Turn L Stepping R to Right Side
7-8 Step Fwd on R, Scuff L Next to R

Step Fwd, Touch, Back, Kick, Back Lock Step, Hook

1-2 Step Fwd on L, Touch R Behind L Heel
3-4 Step Back on R, Kick L Fwd
5-6 Step Back on L, Lock R Over R
7-8 Step Back on L, Hook R Over L

Step Fwd, Hold, Step Pivot ¾ Turn R, Stomp L, Hold, Traveling Pigeon Toes L

1-2 Step Fwd on R, Hold
3-4 Step Fwd on L, Pivot ¾ Turn Right

5-6 Stomp L to Left Side with Both Heels in/Toes Out, Hold

7-8 Swivel L Heel and R Toe to Left, Swivel L Toe and R Heel to Left (traveling slightly Left)

Option: 7 Swivel Both Heels Left, 8 Swivel Both Toes Left
