

Marina

拍数: 64 墙数: 2 级数: Improver
编舞者: Roz Chaplin (UK) - November 2011
音乐: Bouke - Marina : (CD: For The Good Times)



8 Count Intro

CHARLESTON KICK, COASTER STEP

1-2 Step forward right, kick left forward
3&4 Step left back, step right beside left, step left back
5-6 Step forward right, kick left forward
7&8 Step left back, step right beside left, step left back

STEP, LOCK, STEP-LOCK, STEP

1-2 Step forward on right, lock left behind right
3&4 Step forward on right, lock left behind right, step forward on right
5-6 Step forward on left, lock right behind left
7&8 Step forward on left, lock right behind left, step forward on left

TOUCH, OUT, IN, OUT, IN, STEP X2

1-2 Touch right toe out to right side, touch right beside left
3&4 Touch right toe out to right side, touch right beside left, step forward on right (taking weight)
5-6 Touch left toe out to left side, touch left to beside right
7&8 Touch left toe out to left side, touch left beside right, step forward on left (taking weight)

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, SHUFFLE ½ TURN

1-2 Rock forward on right, recover onto left
3&4 Step back on right close left beside right, step forward right
5-6 Rock forward on left, recover onto right
7&8 Shuffle ½ turn left stepping – left, right, left (6.00)

ROCK, RECOVER, SAILOR ¼ TURN, STEP ¼ TURN, CROSS SHUFFLE

1-2 Rock forward on right, recover onto left
3&4 Cross right behind left, turn ¼ right stepping onto left (9.00)
5-6 Step forward on left, ¼ turn right (12.00)
7&8 Cross left over right, step right to right side, cross left over right

WALK, WALK, MAMBO STEP, WALK, WALK, COASTER STEP

1-2 Walk forward right, walk forward left
3&4 Rock forward on right, rock back on left, step right back
5-6 Walk back left, walk back right
7&8 Step left back, step right beside left, step left back

ROCK, RECOVER, SHUFFLE ½ TURN, STEP, LOCK, STEP-LOCK, STEP

1-2 Rock forward on right, recover onto left
3&4 Shuffle ½ turn right stepping-right, left, right (6.00)
5-6 Step forward on left, lock right behind left
7&8 Step forward on left, lock right behind left, step forward on left

SIDE, TOGETHER, SHUFFLE BACK, SIDE TOGETHER, COASTER, STOMP

1-2 Step right to right side, close left beside right (taking weight)
3&4 Step back on right, close left beside right, step right back

5-6 Step left to left side, close right beside left (taking weight)

7&8 Step left forward, step right beside left, stomp right foot forward, arms spread out in front

Note : 64 Count on each wall use with attitude as you hear the beat of the music(STOMP)
