

Mariah

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Darren Bailey (UK) & Raymond Sarlemijn (NL) - April 2012
音乐: Mariah - Juan Magán



Cha Side steps R,L,R, Behind side cross 1/4 turn R, Cross, Hold.

1 Step Rf to R side
2&3 Close Lf next to Rf, step Rf in place, step Lf to L side
4&5 Close Rf next to Lf, step Lf in place, step Rf to R side
6&7 Cross Lf behind Rf, make a 1/4 turn R stepping forward on Rf, step forward on Lf
8,1 Lock Rf slightly across Lf (on balls of both Feet), hold

Stomp, Sweep, Coaster step, Step 3/4 turn R, Behind side cross 1/4 turn L

2,3 Jump onto flat of both feet making a stomp (both feet), sweep Rf from front to back
4&5 Step back on Rf, close Lf next to Rf, Step forward on Rf
6&7 Step forward on Lf, pivot a 1/2 turn R, make a 1/4 turn R stepping Lf to L side
8&1 Cross Rf behind Lf, make a 1/4 turn L stepping forward on Lf, step forward on Rf

Step, 1/4 turn L, back lock L, 1/2 turn R x2, Kick and Flick heel L.

2-3 Step forward on Lf, make a 1/4 turn L stepping back on Rf
4&5 Step back on Lf, lock Rf in front of Lf, step back on Lf
6-7 Make a 1/2 turn R and step forward on Rf, make a 1/2 turn R stepping Lf next to Rf
8&1 Kick Rf forward, step back on Rf, keeping L toe on the floor flick L heel out to L side

Heel flick L, change, heel flick R x2, change, Walk L,R,L, R lock forward.

2&3 Keeping L toe on the floor flick L heel out to L side, step back on Lf, Keeping R toe on the floor flick R heel out to R side
4&5 Keeping R toe on the floor flick R heel out to R side, close Rf next to Lf, step forward on Lf
6-7 Step forward on Rf, step forward on Lf
8&1 Step forward on Rf, lock Lf behind Rf, step forward on Rf

Front and side rocks with L x2, Front and side rocks with R x2.

2&3& Rock forward on Lf, recover onto Rf, rock Lf to L side, recover onto Rf
4&5 Rock forward on Lf, recover onto Rf, step Lf to L side
6&7& Rock forward on Rf, recover onto Lf, rock Rf to R side, recover onto Lf
8&1 Rock forward on Rf, recover onto Lf, step Rf to R side

Behind side cross 1/4 R, R lock forward, 1/4 turn Pivot L, Cross shuffle.

2&3 Cross Lf behind Rf, make a 1/4 turn R stepping forward on Rf, step forward on Lf
4&5 Step forward on Rf, lock Lf behind Rf, step forward on Rf
6-7 Step forward on Lf, make a 1/4 turn pivot R
8&1 Cross Lf over Rf, step Rf to R side, cross Lf over Rf

Hold, ball cross, x2 rock R, Behind side cross 1/4 turn L.

2&3 Hold, step Rf to R side, cross Lf over Rf
4&5 Hold, step Rf to R side, cross Lf over Rf
6-7 Rock Rf to R side, recover onto Lf
8&1 Cross Rf behind Lf, make a 1/4 turn L stepping forward on Lf, step forward on Rf

L lock forward, Kick and cross, 3/4 turn L with sweep, Sailor step R.

2&3 Step forward on Lf, lock Rf behind Lf, step forward on Lf
4&5 Kick Rf forward, step Rf next to Lf, cross Lf over Rf

6-7 Unwind a 3/4 turn R, Sweep Rf from front to back
8& Cross Rf behind Lf, step Lf in place.

End of dance!

Enjoy this Funky Cha Cha, and let's see the Cha Cha hips.
