

Mr Policeman

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jodie Lavinia Cope (UK) - May 2012
音乐: Mr. Policeman - Brad Paisley



Count in - After 32 counts – begin on vocals “ hey hey Mr policeman”
Start with feet together

(1-8) steps, out, in, forward & back, Step kick, Step kick, Kick

- 1 & Step right to right side(1), Step left to left side(&),
- 2 & Step right to the centre(original position)(2), Step left next to right(&),
- 3 & Step right foot forward(3), Step left next to right(&),
- 4 & Step right foot back(4), Step left next to right(&),
- 5 & Step back on right(5), Kick left foot diagonally left(&)
- 6 & Step left in place(6), Step right next to left(&),
- 7 & Step back on left(7), Kick right foot diagonally forward right(&)
- 8 & Step right foot in place(8), Kick left foot forward(&).

(9-16) In place, Step forward, ¼ turn left, Right sailor step, Behind & cross, Side rock, Recover

- 1 & Step left foot in place(1), Step forward on right(&),
- 2 Make a ¼ turn right stepping left to left side(2) 3:00
- 3 & 4 Cross right behind left(3), Step left to left side(&), Step right to right side(4),
- 5 & 6 Cross left behind right(5), Step right to right side(&), Cross left over right(6),
- 7 8 Rock right to right side(7), Recover weight onto left(8).

(17-24) Right coaster step, Step forward, Rock forward, Recover, 1 ½ turn right.

- 1 & 2 Step back on right(1), Step left next to right(&), Step forward on right(2),
- 3 Step forward on left(3)
- 4 - 5 Rock forward on right(4), Recover weight onto left(5),
- 6 Make ½ turn right stepping forward on right(6),9:00
- 7 Make ½ turn right stepping back on left(7), 3:00
- 8 Make ½ turn right stepping forward on right(8), 9:00

(25-32) ½ turn walks left, right, left, right, Side rock, Recover, Behind, Side, Together

- 1 – 4 Make a ½ turn right walking round (in a semi-circle) left(1), right(2), left(3), right(4),3:00
- 5 - 6 Cross left over right(5) Step back on right(6).
- 7 - 8 Step left to left side(7), Touch right toe next to left foot(8)

Tag: - On the 6th Sequence dance up to count 14, then instead of doing rock right to right side, recover weight onto left. Do...

Step right to right side, step left next to right. Then restart the dance

At the end of the track the song changes. You can either keep on dancing by adjusting the speed of the dance. Or just finish the dance there. Or free style

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