

Mercy

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Amy Christian (USA) - August 2012
音乐: Mercy - Duffy



Intro: 48 count.

(A dance to introduce Restarts to dancers).

*You only dance the whole dance, 64 counts on 2 walls. On Wall 1 and Wall 3. Read notes below.

SIDE ROCK, BACK ROCK, STEP, PIVOT ¼ HITCH, STPE HITCH, [1st Eight.]

1-4 Step R foot to right side, Recover on L, Rock back on R, Recover on L,
5-8 Step forward on R, ¼ turn left, Hitching L foot, Step down on L and Hitch R foot,

SIDE ROCK, BACK ROCK, STEP, PIVOT ¼ HITCH, STPE HITCH, [2nd Eight.]

1-4 Step R foot to right side, Recover on L, Rock back on R, Recover on L,
5-8 Step forward on R, ¼ turn left, Hitching L foot, Step down on L and Hitch R foot,

STEP & SHIMMY, STEP, HOLD, STEP & SHIMMY, STEP, HOLD, [3rd Eight.]

1-2 Step R foot to right side with bent knees and Shimmy shoulders,
3-4 Step L next to R, straightening up, Hold,
5-6 Step R foot to right side with bent knees and Shimmy shoulders,
7-8 Step L next to R, straightening up, Hold,

ROCKING CHAIR, WALK FORWARD, HOLD, WALK FORWARD, HOLD [4th Eight.]

1-4 Rock forward on R, Recover on L, Rock back on R, Recover on L,
5-8 SLOW & SEXY WALKS - Step fwd on R, Hold, Step fwd on L, Hold,

STEP, PIVOT ½, HOLD, STEP, PIVOT ½, HOLD, [5th Eight.]

1-4 Step forward on R, Pivot ½ turn left on L, Step forward on R, Hold,
5-8 Step forward on L, Pivot ½ turn right on R, Step forward on L, Hold,

SIDE, RECOVER, CROSS SHUFFLE, SIDE RECOVER, CROSS SHUFFLE, [6th Eight]

1-2 Step R to right side, Recover on L,
3&4 Cross R over L, Step on ball of L to left side, Cross R over L,
5-6 Step L to left side, Recover on R,
7&8 Cross L over R, Step on ball of R to right side, Cross L over R,

VINE RIGHT, ¼ VINE LEFT, [7th Eight.]

1-4 Step R to right side, Step L behind R, Step R to right side, Touch L next to R,
5-8 Step L to left side, Step R behind L, ¼ turn left, Stepping L foot fwd, Touch R next to L,

OUT, OUT, IN, IN, JAZZ BOX, [8th Eight.]

1-4 Step R foot out to right side, Step L foot out to left side, Step R foot in, Step L foot next to R,
5-8 Cross R over L, Step L back, Step R to R side, Step L next to R,

Begin again!

You only dance the whole dance, 64 counts on 2 walls. On Wall 1 and Wall 3.

RESTARTS - Sequence – 64, 48, 64, 48, 40, 48, 32. The restarts happens,..

On Wall 2 - After the Cross shuffle, 48 counts. (End of 6th Eight)

On Wall 4 – After the Cross shuffle , 48 counts.

On Wall 5 - After the Step, Pivot 1/2, Hold, 40 counts. (End of 5th Eight).

On Wall 6 –After the Cross shuffle, 48 counts.

On Wall 7 – After the Cross shuffles 48 counts.

On Wall 8 – Your LAST wall, the music will start to fade on the Slow Walks with the Hold s at count 32. To end, keep doing those slow sexy walks as you walk off the floor.
