

The Mermaid

拍数: 80 墙数: 4 级数: Intermediate
编舞者: Pat Stott (UK) - February 2013
音乐: Mermaid - Train



Intro: 16 beats - start on vocals

Section 1: Samba step, samba step, rock recover, full triple turn right

1&2 Step forward on right, rock left to left, recover on right
3&4 Step forward on left, rock right to right, recover on left
5-6 Rock forward on right, recover on left
7&8 Full triple turn right stepping right, left, right (easier option - coaster step)

Section 2: Cross, side, sailor turn 1/4 left, cross, side, sailor turn 1/4 right

1-2 Cross left over right, right to right
3&4 Sweep left round and cross left behind right turning 1/4 left, step right in place, Step left slightly to left
5-6 Cross right over left, left to left
7&8 Sweep right round and cross right behind left turning 1/4 right, step left in place, step right slightly to right

Section 3: Cross shuffle, bump hips, cross shuffle, bump hips

1&2 Cross left over right, right to right, cross left over right
3&4 Step right to right bumping hips - right, left, right
5&6 Cross left over right, right to right, cross left over right
7&8 Step right to right bumping hips - right, left, right

Section 4: Cross, recover, chasse 1/4 left, 1/2 pivot, kick ball change

1-2 Cross left over right, recover on right
3&4 Step left to left, close right to left, 1/4 left stepping forward on left
5-6 Step forward on right, 1/2 pivot left transferring weight to left
7&8 Kick right forward, step onto ball of right, step left in place
(Harder option for steps 3&4 – turn ¼ left stepping forward on left, ½ left stepping back on right, ½ left stepping forward on left)

*Section 5: Prissy walk, hold, prissy walk, hold, 1/2 pivot, shuffle forward

1-2 Step right forward and across left, hold
3-4 Step left forward and across right, hold
5-6 Step forward on right, 1/2 pivot left
7&8 Step forward on right, close left to right, step forward on right

*Section 6: Prissy walk, hold, prissy walk, hold, 1/2 pivot, shuffle forward

1-2 Step left forward and across right, hold
3-4 Step right forward and across left, hold
5-6 Step forward on left, 1/2 pivot right
7&8 Step forward on left, close right to left, step forward on left

Section 7: Mambo forward, mambo back, side mambo right, side mambo left

1&2 Rock forward on right, recover on left, close right to left
3&4 Rock back on left, recover on right, close left to right
5&6 Rock right to right, recover on left, close right to left
7&8 Rock left to left, recover on right, close left to right

Section 8: Volta turns 1/2 to right, cross rock, side rock, cross rock, side

- 1&2&3&4 Turning gradually in a large 1/2 circle right - step right across left, small step on ball of left, cross right over left, small step on ball of left, cross right over left, small step on ball of left, cross right over left
- 5& Cross left over right on ball of foot, recover
- 6& Rock left to left, recover
- 7& Cross left over right on ball of foot, recover
- 8 Step left to left

(Easier option just point left across right, point left to left, point left across right, left to left)

Section 9: Cross, rock, chasse right, cross, rock, chasse 1/4 left

- 1-2 Cross right over left, recover on left
- 3&4 Step right to right, close left to right, step right to right
- 5-6 Cross left over right, recover on right
- 7&8 Step left to left, close right to left, turn 1/4 left stepping forward on left

Section 10: Paddle 1/4 turn, paddle 1/2 turn, jazz box

- 1-2 Step forward on right, paddle 1/4 left (weight on left)
- 3-4 Step forward on right, paddle 1/2 left (weight on left)
- 5-8 Cross right over left, step back on left, right to right, step forward on left

(Option: during paddle turn rotate the hips)

During wall 1 miss out sections 5* and 6

Restart during wall 4: Dance sections 1 and 2

Then add - Cross shuffle, rock right, left, right, left (then Restart from the beginning)

Ending: Finish after section 8 with a step forward on right.

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