

La Mer

拍数: 48 墙数: 2 级数: Intermediate
编舞者: The Highlander (UK) - June 2013
音乐: La mer - Charles Trenet



8 count intro – Start on the word “Mer”

Cross Rock & Side, ¼ ¼ Left, Cross Rock, & Cross &Behind, ¼ right.

- 1-2 Cross Rock R over left, recover onto L
- &3 Step R to right side, Cross L over right
- 4& Turn ¼ left stepping back on R, Turn ¼ left stepping L to left side. (6:00)
- 5-6 Cross Rock R over left, Recover onto L
- &7 Step R to right side, Cross L over right
- &8& Step R to right side, step L behind right, turn ¼ right stepping R forward (9:00)

Left Forward Mambo, Right Back Mambo, Step Turn step, Triple Full Turn Left

- 1&2 Rock forward on L, Recover onto R, Step back on L,
- 3&4 Rock back on R, Recover onto L, Step forward onto R
- 5&6 Step forward on L, Pivot ½ turn right, Step forward onto L (3:00)
- 7&8 Travelling forward a triple full turn left stepping R,L,R.

(Easier alternative, Shuffle Forward R,L,R)

& Step, Full Spiral Turn Right, Triple Full Turn Right, Forward Mambo ¼ left, Cross ¼ ¼ right Cross.

- &1 Step L next to right, Step forward onto R
 - 2 Step forward onto L making a full spiral turn right keeping weight on left foot
 - 3&4 travelling forward Triple full turn right, stepping R,L,R (3:00)
- (Easier alternative for counts 2,3&4 - Turn ½ right, stepping back onto L, Shuffle ½ turn right, stepping R,L,R),
- 5&6 Rock forward onto L, Recover onto R, turn ¼ left stepping L to left side, (12:00)
 - 7& Cross R over left, Turn ¼ right stepping back onto L,
 - 8& Turn ¼ right stepping R to right side, Cross L over right. (6:00)

Side Rock, Cross Side Rock Cross Side, Side Rock, Sailor Full Turn

- 1-2 Rock R to right side, Recover onto L,
- &3& Cross R over left(angling body to left),Rock L to left side, Recover onto R angling body to right,
- 4& Cross L over right, Step R small step to right side,
- 5 -6 Rock L to left side, Recover onto R,
- 7&8 Sailor full turn left, stepping L,R,L.

Sweep Cross, Back Side Cross Sweep Cross, Side Rock, Behind, Side, Cross Rock, ¼ Left

- 1-2 Sweep R round crossing R in front of left, Step back onto L
- &3-4 Step R to right side, Cross L over right, Sweep L round and step R over left
- 5& Rock L to left side, Recover onto R
- 6& Step L behind right, Step R to right side,
- 7&8 Cross rock L over right, Recover onto R, Turn ¼ left stepping onto L (3:00)

Paddle ¼ left, Paddle ¼ left, Cross Back Side, Step Turn Step, 1/2 1/4 Together Side

- 1& Touch R toe forward and paddle ¼ turn left,(weight on L) (12:00)
- 2& Touch R toe forward and paddle ¼ turn left, (Weight on L)(9:00)
- 3&4 Cross R over left, Step Back onto L, Step R to right side,
- 5&6 Step forward onto L, Pivot ½ turn right, Step forward onto L, (3:00)
- 7& Turn ½ left stepping back onto R, Turn ¼ left stepping L to left side,

8& Step R next to left,, Step L to left side. (6:00)

For a shorter version (24 count), dance only the first 3 sections, replacing the final cross step in section 3 with a step next to right foot, and restarting from section 1.

Contact Email – theldhighlander@gmail.com
