

Mona Lisa 80

拍数: 80 墙数: 1 级数: Intermediate
编舞者: Doc Rosser (UK) & Debz Rosser (UK) - January 2014
音乐: The Mona Lisa - Brad Paisley



Intro: 24 counts (from drums) - Style: Country

[1-9] side rock cross, side, behind side cross, back rock recover, cross shuffle

1&2 step right foot to right side, recover onto left foot, cross right foot in front of left
3 step left foot to left side
4&5 step right behind left, step left foot to left side, cross right foot in front of left
6,7 rock diagonally back on left foot, recover weight onto right foot
8&1 cross left foot in front of right, bring right foot beside left, cross left foot in front of right

[10-16] full turn (over left shoulder, travelling right), back rock recover, left shuffle to diagonal

2 step back on right foot (turning a $\frac{1}{4}$ to left)
3,4 step left foot forward (turning a $\frac{1}{4}$ to left), step back on right foot (turning a $\frac{1}{2}$ to left) - 12 o'clock
5,6 step diagonally back on left foot, recover onto right foot - 11 o'clock
7&8 step left foot to diagonal, bring right foot beside left, step left foot to diagonal - 11 o'clock

[17-24] back rock recover, right shuffle, half pivot turn, back $\frac{1}{2}$ shuffle turn

1,2 step diagonally back on right foot, recover onto left foot - 2 o'clock
3&4 step forward on right foot (straighten to 12 o'clock), bring left foot beside right, step forward on right foot
5,6 step forward on left foot, $\frac{1}{2}$ turn to right stepping onto right foot - 6 o'clock
7&8 step back on left foot turning a $\frac{1}{4}$ turn to right, bring right foot beside left, step back on left foot turning a $\frac{1}{4}$ turn to left - 12 o'clock

[25-32] right sailor, left shuffle, half pivot turn, half triple turn

1&2 cross right foot behind left, bring left foot beside right step forward on right foot
3&4 step forward on left foot, bring right foot beside left, step forward on left foot
5,6 step forward on right foot, $\frac{1}{2}$ turn to left stepping onto left foot - 6 o'clock
7&8 step forward on right foot, $\frac{1}{4}$ turn to left stepping onto left foot, $\frac{1}{4}$ turn to left stepping onto right foot - 12 o'clock

[33-41] side rock cross, side, behind side cross, back rock recover, cross shuffle

1&2 step left foot to left side, recover onto right foot, cross left foot in front of right
3 step right foot to right side
4&5 step left behind right, step right foot to right side, cross left foot in front of right,
6,7 rock diagonally back on right foot, recover weight onto left foot
8&1 cross right foot in front of left, bring left foot beside right, cross right foot in front of left

[42-48] full turn (over right shoulder, travelling left), back rock recover, right shuffle to diagonal

2 step back on left foot (turning a $\frac{1}{4}$ to right)
3,4 step right foot forward (turning a $\frac{1}{4}$ to right), step back on left foot (turning a $\frac{1}{2}$ to right) - 12 o'clock
5,6 step diagonally back on right foot, recover onto left foot - 2 o'clock
7&8 step right foot to diagonal, bring left foot beside right step right foot to diagonal - 2 o'clock

[49-57] side rock cross, side, behind side cross, back rock recover, cross shuffle

1&2 step left foot to left side, recover onto right foot, cross left foot in front of right
3 step right foot to right side

4&5 step left behind right, step right foot to right side, cross left foot in front of right,
6,7 rock diagonally back on right foot, recover weight onto left foot
8&1 cross right foot in front of left, bring left foot beside right, cross right foot in front of left

[58-64] full turn (over right shoulder, travelling left), back rock recover, right shuffle to diagonal

2 step back on left foot (turning a $\frac{1}{4}$ to right)
3,4 step right foot forward (turning a $\frac{1}{4}$ to right), step back on left foot (turning a $\frac{1}{2}$ to right) - 12 o'clock
5,6 step diagonally back on right foot, recover onto left foot – 2 o'clock
7&8 step right foot to diagonal, bring left foot beside right step right foot to diagonal – 2 o'clock

[65-72] back rock recover, left shuffle, half pivot turn, back $\frac{1}{2}$ shuffle turn

1,2 step diagonally back on left foot, recover onto right foot -11 o'clock
3&4 step forward on left foot (straighten to 12 o'clock), bring right foot beside left, step forward on left foot
5,6 step forward on right foot, $\frac{1}{2}$ turn to left stepping onto left foot
7&8 step back on right foot turning a $\frac{1}{2}$ turn to left, bring left foot beside right, step back on right foot turning a $\frac{1}{4}$ turn to right – 12 o'clock

[73-80] left sailor, right shuffle, half pivot turn, half triple turn

1&2 cross left foot behind right, bring right foot beside left step forward on left foot
3&4 step forward on right foot, bring left foot beside right, step forward on right foot
5,6 step forward on left foot, $\frac{1}{2}$ turn to right stepping onto right foot – 6 o'clock
7&8 step forward on left foot, $\frac{1}{4}$ turn to right stepping onto right foot, $\frac{1}{4}$ turn to right stepping onto left foot – 12 o'clock

Bridges on walls 3 and 5 - After count 48,

[1-8] back rock recover, left shuffle, half pivot turn, back $\frac{1}{2}$ shuffle turn

1,2 step diagonally back on left foot, recover onto right foot - 11 o'clock
3&4 step forward on left foot (straighten to 12 o'clock), bring right foot beside left, step forward on left foot
5,6 step forward on right foot, $\frac{1}{2}$ turn to left stepping onto left foot – 6 o'clock
7&8 step back on right foot turning a $\frac{1}{4}$ turn to left, bring left foot beside right, step back on right foot turning a $\frac{1}{4}$ turn to right – 12 o'clock

[9-16] left sailor, right shuffle, half pivot turn, half pivot turn

1&2 cross left foot behind right, bring right foot beside left step forward on left foot
3&4 step forward on right foot, bring left foot beside right, step forward on right foot
5,6 step forward on left foot, $\frac{1}{2}$ turn to right stepping onto right foot – 6 o'clock
7,8 step forward on left foot, $\frac{1}{2}$ turn to right stepping onto right foot – 12 o'clock

NB. After each bridge, the dance continues from count 49

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