

Mon Coeur Epris

拍數: 56 牆數: 4 級數: Improver
編舞者: Martie Papendorf (SA) - December 2014
音樂: Mon cœur épris - Dominique Barret



Start on vocals. - No Tags Or Restarts.

Choreographed for Rosanne from Reunion with thanks for the music and request for a dance.

S1: a, Samba fwd R L, R samba hips fwd back fwd, L samba hips fwd back fwd

- a1&2 Turn slightly to face left diagonal [10.30], Rock R across L, Recover L to left side, Step R to right side,
3&4 Step L across R, Recover R to right side, Step L to left side,
5&6 Step R fwd opening to left side bumping hips fwd, Shift weight to L bumping hips back, Shift weight to R bumping hips fwd,
7&8 Step L fwd opening to right side bumping hips fwd, Shift weight to R bumping hips back, Shift weight to L bumping hips fwd [12.00]

S2: a, Samba ¼ right, Samba fwd, R samba hips fwd back fwd, L samba hips fwd back fwd

- a1&2 Turn slightly to face right diagonal [1.30], Rock R across L, Recover L to left side making a ¼ turn right, Step R to right side, [3.00]
3&4 Step L across R, Recover R to right side, Step L to left side,
5&6 Step R fwd opening to left side bumping hips fwd, Shift weight to L bumping hips back, Shift weight to R bumping hips fwd,
7&8 Step L fwd opening to right side bumping hips fwd, Shift weight to R bumping hips back, Shift weight to L bumping hips fwd [3.00]

S3: Syncopated rocking chair, R samba hips fwd, Side, Together, Fwd, Step, Kick, Back, Point□

- 1& Rock R fwd, Recover L back,
2& Rock R back, Recover L fwd,
3&4 Step R fwd bumping hips fwd, Shift weight to L bumping hips back, Shift weight to R bumping hips fwd,
5&6 Step L to left side, Step R next to L, Step L fwd,
&7 Step R fwd, Kick L low kick fwd,
&8 Step L back, Point R to right side [3.00]

S4: Sailor ¼ right, Behind, Side, Cross, R samba hips, Rock back, Recover

- 1&2 Swing R out and cross behind L making a ¼ turn right, Rock L to left side, [6.00] Recover R to right side,
3&4 Cross L behind R, Step R to right side, Step L across R,
5&6 Step R fwd opening to left side bumping hips fwd, Shift weight to L bumping hips back, Shift weight to R bumping hips fwd,
7,8 Rock L behind R, Recover R fwd[6.00]

S5: L samba hips ¼ right, Rock back, Recover, Monterey turn ½ right, Monterey turn ¼ right

- 1&2 Step L fwd making a ¼ turn right opening to right side bumping hips fwd, [9.00] Shift weight to R bumping hips back, Shift weight to L bumping hips fwd,
3,4 Rock R behind L, Recover L fwd,
5&6& Point R to right side, Step R next to L making a ½ turn right, [3.00] Point L to left side, Step L next to R,
7&8& Point R to right side, Step R next to L making a ¼ turn right, [6.00] Point L to left side, Step L next to R [6.00]

S6: Cross shuffle right, Cross shuffle left, Rock fwd, Back ¼ right, Fwd ¼ right, Lock step turn ½ right

- 1&2 Step R across L opening to left side bumping hips fwd, Shift weight to L bumping hips back,
Shift weight to R bumping hips fwd,
3&4 Step L across R opening to right side bumping hips fwd, Shift weight to R bumping hips back,
Shift weight to L bumping hips fwd,

[Moving fwd counts 1-4]

- 5&6 Rock R fwd, Recover back onto L making a ¼ turn right, [9.00] Step R fwd making a ¼ turn
right, [12.00]
7&8 Step L back making a ¼ turn right, [3.00] Lock R across L making a ¼ turn right, Step L back
[6.00]

S7: Samba hips right, Samba hips left, Rock back, Recover, Side ¾ left, Side

- 1&2 Step R to right side, Close L to R, Step R in place,
3&4 Step L to left side, Close R to L, Step L in place,
5,6 Rock R back, Recover L back,
7,8 Sweep and step R to right side making a ¾ turn left, [9.00] Step L to left side [9.00]

START AGAIN

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