

# Mic Drop

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Gemma Ridyard (UK) & Kerry Maus (USA) - April 2018  
音樂: Mic Drop - Manic Drive : (iTunes)



Sequence: ABCCCC ABCCCC A16 ABCCCC

Intro: 16 counts

## Section A: 32 counts

**A[1-8] TRIPLE STEP, SWEEP, CROSS, ¼, ¼, FORWARD ROCK, SIDE ROCK, COASTER CROSS, POINT**

- 1&2      1) Step R forward, &) step L beside R, 2) step R forward, sweep L from back to front  
3&4      3) Cross L over R, &) turning ¼ left, step R back 4) turning ¼ left, step L to left [6:00]  
5&6&      5) Rock R forward, &) recover L, 6) rock R to right, &) recover L  
7&8&      7) Step R back, &) step L beside R, 8) cross R over L, &) point L to left

(arms: on counts 8& tap R hand to L shoulder 2x)

**A[9-16] HITCH, CROSS PREP, FULL SPIRAL, SIDE CHASSE, ½ SIDE CHASSE,**

- 1,2,3      1) Hitch L knee, 2-3) cross L in front of R, bending at knees, prep for full spiral right  
4      4) Unwind full spiral, crossing R over L as you turn, weight to L  
5&6&      5) Step R to right, &) step L beside R, 6) step R to right, &) ½ hinge turn left  
7&8      7) Step L to left, &) step R beside L, 8) step L to left [12:00]

(arms: on count 1 pull R arm slowly across body to right and push out for counts 2-3)

**A[17-24] CROSS ROCK, TOUCH, RECOVER SWEEP, SAILOR, CROSS, SIDE ROCK, REC (X2), HITCH W/FIST TAP**

- 1&2      1) Cross rock R over L, &) touch L toe behind R, 2) recover L sweep R front to back  
3&4      3) Cross R behind L, &) rock L to left, 4) recover R  
5&6&      5) Cross L over R, &) rock R to right, 6) recover L &) cross R over L  
7&8&      7) Rock L to left, &) recover R, and hitch L knee, 8-&) tap top of knee with closed fist (2x)

(arms: on count 1 cross hand over chest, and lower head, pop head up and arms out on count 2)

**A[25-32] CROSS, BACK HEEL SLIDE, BALL CROSS, ¼ HEEL SWIVEL, ¼ HEEL SWIVEL, BALL, BACK, 1/8, KNEE POP**

- 1,2,3      1) Cross L over R, 2-3) Step R back on diagonal, while dragging L heel back  
&4&5      &) Step L next to R, 4) Cross R over L, &) swivel L heel ½ turn left, 5) swivel R heel ½ turn left [4:30]  
&6,7,8      &) Step L back, 6) step R back, 7) twist heels 1/8 right, 8) pop R knee, weight to L [6:00]

## Section B: 16 counts

**B[1-8] CROSS, BACK, SIDE, CROSS, BACK, SIDE, CROSS, BACK, SIDE, CROSS, POINT**

- 1,2      1) Cross R over L, popping L knee, 2) step L back, popping R knee,  
3,4      3) Step R to right, popping L knee, 4) cross L over R, popping R knee  
5&6&      5) Step R back, &) Step L to left, 6) cross R over L, &) step L back  
7&8      7) Step R to right, &) cross L over R, 8) point R to right

**B[9-16] MAMBO STEP, MAMBO, BACK ¼, BACK ¼, OUT, OUT, W/ ARMS**

- 1&2&      1) Rock R forward, &) recover L, 2) step R beside L, &) rock L forward  
3&4&      3) Recover R, &) step L beside R, 4) turning ¼ right, step R back, &) turning ¼ right, step L back & out  
5&6      5) Step R to right, &) step L to left, 6) hold,  
&7      &) Arms bent stacked parallel in front, 7) R hand up, pivoting at elbow like a clock hand to 12:00,

&8                   &) With arms straight out in front, make fist w/ L hand, grab fist w/ R hand, 8) open right hand and  
"drop" L fist or "mic" L hand drops to side.

**Section C: 16 counts**

**C[1-8] STEP, ½ PIVOT, HITCH, ¼ HITCH TURN, SAILOR, ½ SAILOR**

&1,2               &) Step L in place, 1) step R forward, 2) pivot ½ turn left, weight to L [6:00]  
3,4                3) Hitch R knee, 4) turn ¼ right, hitch R knee [9:00]  
5&6               5) Cross R behind L, &) rock L to left, 6) recover to R  
7&8                7) Turning ¼ left, cross L behind R, &) turning ¼ left, step R to right, 8) recover L [3:00]

**C[9-16] MAMBO STEP, MAMBO, BACK ¼, BACK ¼, OUT, OUT, W/ ARMS**

1&2&             1) Rock R forward, &) recover L, 2) step R beside L, &) rock L forward  
3&4&             3) Recover R, &) step L beside R, 4) turning ¼ right, step R back, &) turning ¼ right, step L back & out  
5&6             5) Step R to right, &) step L to left, 6) hold,  
&7               &) Arms bent stacked parallel in front, 7) R hand up, pivoting at elbow like a clock hand to 12:00,  
&8               &) With arms straight out in front, make fist w/ L hand, grab fist w/ R hand, 8) open right hand and  
"drop" L fist or "mic" L hand drops to side.

Kerry: [Kerrymausdance@gmail.com](mailto:Kerrymausdance@gmail.com)

Gem: [Gem@gemridyard.com](mailto:Gem@gemridyard.com)

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