

Mexicoma

拍數: 32 牆數: 4 級數: Beginner
編舞者: Claire Denney (CAN) - February 2021
音樂: Mexicoma - Bucky Covington



Start on vocals: Intro 16 counts

I was looking for a beginner dance to teach kick ball changes and also the sweep motion steps to dancers moving up a level from the basic steps.

A: Right Kick Ball Change, Walk, Walk, Step Back Touches x 2

1 & 2 R. kick forward, R. step beside L, Step L foot beside R
3 - 4 R. walk forward, L. walk forward
5 - 6 R. step diag back right (5:00), L. touch beside R.
7 - 8 L. step diag back left (7:00), R. touch beside L

B: Step Right, Tog, Step Right, Touch, Step Left, Tog, Step Left, Touch

1 - 2 Step right, Step left beside right,
3 - 4 Step right, Touch left beside right
5 - 6 Step left, Step right beside left
7 - 8 Step left, Touch right beside left

C: Step, Sweep, Step, Sweep, Right Jazz Box

1 - 2 R. step forward, Sweep left from back to front
3 - 4 L. step forward, Sweep right from back to front of L.
5 - 8 R. cross, L. step back, R. step beside L, L. step beside R

D: Touch, Step, Touch, Step, 1/4 Monterey Right

1 - 2 R. touch right, R. step beside L
3 - 4 L. touch left, L. step beside R
5 - 6 Touch right, 1/4 turn right stepping beside L (3:00)
7 - 8 Touch left, L. step beside R.

Dance will finish at 9:00 section C so make the jazz box 1/4 right to finish at 12:00

Contact: claire.denney1@gmail.com