

Mary Mary

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Frankie Cull (UK)
音樂: Shackles - Mary Mary



JUMP FORWARD RIGHT LEFT, 2 HIP BUMPS, ROCK & SAILOR ½ TURN, HITCH ½ TURN HITCH

&1 Jump forward on right foot stepping left foot next to right
2-3 With feet together bump hips to left twice

Optional styling: fists clenched, left elbow bent at a right angle with forearm across stomach, right arm in air, elbow bent at a right angle with forearm across forehead. As you bump hips push right elbow slightly upwards twice

4& Dropping arms, rock out to right side recover weight onto left
5&6 Sailor turning ½ right
7&8 Hitch left knee forward, with weight on ball of right foot let momentum turn you another ½ right & hitch left knee forward again

LOCKING SHUFFLE FORWARD, PIVOT TURN STEP, 2 TRAVELING KICKS, TURN ¼ RIGHT, SQUAT & SLAP THIGHS

9&10 Step forward on left, lock right behind left, step forward on left
11&12 Step right foot forward, pivot ½ left weight ending on left, step forward on right
13&14& Kick left foot forward, step forward on left, kick right foot forward, step forward on right
15 Turning ¼ right, step left foot apart to left with arms outstretched shoulder height
16 Bend both knees outwards into squat position slapping hands down onto thighs at same time

BUMP HIPS LEFT & RIGHT, CROSS BEHIND STEP SIDE, CROSS BEHIND STEP SIDE, ROCK FORWARD, BACK & FORWARD, TURN ½ LEFT JUMPING BACK TWICE

17 While straightening up from squat position bump hips left
18 Bump hips out to right keeping weight on left
&19&20 Cross right foot behind left, step left to left, cross right foot behind left, step left to left
21&22& Rock right foot forward across left on diagonal, recover weight onto left, rock back diagonally on right, recover weight onto left
23 Step right foot forward across left on diagonal
&24 Turning ½ left take a small jump back feet together then scoot back slightly on right foot with left knee hitched

COASTER, LOCK STEP, HITCH TOUCH, HEEL JACK, CROSS BEHIND UNWIND ½ LEFT

25&26 Step back on left, step right foot next to left, step left foot forward
&27 Lock right foot behind left, step forward on left
&28 Hitch right knee across in front of left leg & touch right toe out to right side
29&30& Cross right over left, step back diagonally left on left, touch right heel diagonally forward, step right next to left
31&32 Cross left behind right, unwind ½ turn left (weight on left)

REPEAT