

Mary-Lou

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Hodgson (UK)
音樂: Hello Mary Lou - Brødrene Olsen



2 X TOE STRUTS, SIDE-ROCK-CROSS, SIDE-BEHIND, CHASSE ½ TURN

1& Step right toe forward, drop right heel to floor
2& Step left toe forward, drop left heel to floor
3&4 Step right to right side, rock weight onto left, cross step right over left
5-6 Step left to left side, cross right behind left
7&8 Chasse left stepping on left-right-left making ½ turn left

& HEEL & STEP, TRIPLE ½ TURN RIGHT, WALK BACK TWICE, MAMBO STEP

&1 Step back on right, touch left heel forward
&2 Step left next to right, step forward on right
3&4 Triple ½ turn right stepping on left-right-left
5-6 Step back on right, step back on left
7&8 Step back on right, rock weight forward onto left, step right next to left

LOCK STEP, STEP-¼-CROSS, ROCK STEPS, SIDE-ROCK-CROSS

1&2 Step forward on left, lock left behind right, step forward on left
3&4 Step forward on right, ¼ turn left on balls of both feet, cross step right over left
5& Step forward on left, rock weight back onto right (slight angle to left on rock steps)
6& Step back on left, rock weight forward onto right
7&8 Step left to left side, rock weight onto right, cross step left over right

ROCK STEPS, SIDE-ROCK-CROSS, KICK-BALL-CROSS, SIDE-TOGETHER-FORWARD

1& Step forward on right, rock weight back onto left (slight angle to right on rock steps)
2& Step back on right, rock weight forward onto left
3&4 Step right to right side, rock weight onto left, cross step right over left
5&6 Kick left forward, step in place on left, cross step right over left
7&8 Step left to left side, step right next to left, step forward on left

REPEAT

ENDING

On wall 7 (last wall) replace Mambo Step (counts 15&16) with a triple half turn Right to finish facing home wall