

Mascara Run

拍數: 48 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Never Wear Mascara (When You Love a Married Man) - Linda Gail Lewis



SIDE TOUCH, CROSS STEP, ½ LEFT, 3X BACKWARD TOE/HEEL STRUTS, BACKWARD TOE STEP

1-2 Touch right toe to side, cross step right foot over left
3-4 Unwind ½ left, step left toe back
5-6 Drop left heel, step right toe back
7-8 Drop right heel, step left toe back

HEEL DROP, BACKWARD TOE/HEEL STRUT, HEEL TOUCH, TOUCH, ¼ LEFT, HEEL TOUCH, TOUCH, SIDE TOUCH

9-10 Drop left heel, step right toe back
11-12 Drop right heel, touch left heel forward
13-14 Touch left foot next to right, turn ¼ left & touch left heel forward
15-16 Touch left foot next to right, touch left toe to side

CROSS STEP, ½ RIGHT, 3X BACKWARD TOE/HEEL STRUTS

17-18 Cross step left foot over right, unwind ½ right
19-20 Step right toe back, drop right heel
21-22 Step left toe back, drop left heel
23-24 Step right toe back, drop right heel

BACKWARD TOE/HEEL STRUT, HEEL TOUCH, TOUCH, ¼ RIGHT, HEEL TOUCH, TOUCH, SIDE TOUCH, ¾ RIGHT

25-26 Step left toe back, drop left heel
27-28 Touch right heel forward, touch right foot next to left
29-30 Turn ¼ right & touch right heel forward, touch right foot next to right
31-32 Touch right toe to side, turn ¾ right on ball of left foot & step right foot forward

FORWARD SHUFFLE, FULL TURN LEFT, FORWARD SHUFFLE, FULL TURN RIGHT

33&34 Step left foot forward, step right foot behind left, step left foot forward
35-36 Step forward onto right foot, turn full turn left - stepping onto left foot
37&38 Step right foot forward, step left foot behind right, step right foot forward
39-40 Step forward onto left foot, turn full turn right & step onto right foot

FORWARD SHUFFLE, ROCK FORWARD, ROCK BACKWARD, COASTER STEP, 2X JUMPS

41&42 Step left foot forward, step right foot behind left, step left foot forward
43-44 Rock forward onto right foot, rock back onto left foot
45&46 Step back onto right foot, step left foot next to right, step forward onto right foot
47-48 Jump forward (feet together), jump back (feet together)

REPEAT