

Mean Machine

拍數: 64 牆數: 2 級數: Improver
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Easy Rider - Easy-Rider



SHUFFLE, ROCK, SHUFFLE, TOUCH, ½ TURN

- 1&2 Step right forward, step left beside right, step right forward
3-4 Rock left forward, recover back on right
5&6 Step left back, step right beside left, step left back
7-8 Touch right toes back, on ball of left pivot ½ turn right transferring weight to right

PIVOT, ROCK, BACK, HOLD, QUICK STEP, WALKS

- 9-10 Step left forward, pivot ½ turn right
11-12 Rock left forward, recover back on right
13-14 Step left back, hold
&15-16 Quick step right beside left, step left forward, step right forward

LARGE STEP LEFT, DRAG, CLAPS, LARGE STEP RIGHT, DRAG, CLAPS

- 17-19 Step left large step left (left toe pointing to left), over 2 counts drag right to meet left (weight remains on left) (look left during counts 17-19)
&20 Clap hands to left side twice
21-23 Step right large step right (right toe pointing to right), over 2 counts drag left to meet right (weight remains on right) (look right during counts 21-23)
&24 Clap hands to right side twice

ROCKING CHAIR, HIP-BUMPS

- 25-26 Rock forward on left, recover back on right
27-28 Rock back on left, recover forward on right
29-30 Step left diagonally forward left and bump hips left twice
31-32 Step right diagonally forward right and bump hips right twice

WALK, STOMP-UP, KICK, ½ TURN WITH FLICK, WALK, KICK, COASTER

- 33-34 Step left forward, stomp-up right beside left
35-36 Kick right forward, on ball of left spin ½ turn left and flick right back
37-38 Step right forward, kick left forward
39&40 Step left back, step right beside left, step left forward

KICK-BALL-POINT, STEP, KICK-OUT-OUT, TWISTS

- 41&42 Kick right forward, step right beside left, point left to left
&43&44 Step left beside right, kick right forward, step right to right, step left to left
45-46 Bend knees and twist heels left (45), straighten legs and return heels to center (46)
47-48 Repeat counts 45-46

SYNCOPATED VINE WITH STEP, SYNCOPATED VINE WITH STEP

- 49-50 Step right to right, step left behind right
&51-52 Step right to right, step left across right, step right to right
53-54 Step left to left, step right behind left
&55-56 Step left to left, step right across left, step left to left

KICK-BALL-POINT, STEP, KICK-OUT-OUT, TWISTS

- 57-64 Repeat counts 41-48

REPEAT

TAG

Insert immediately after 2nd, 4th & 8th walls. This always follows the 'Easy-Rider chorus' and, therefore, is very easy to identify

FULL PADDLE TURN, LEFT HIP BUMPS

- 1-2 Make ¼ turn left and rock right to right, recover on left
- 3-4 Make ¼ turn left and rock right to right, recover on left
- 5-6 Make ¼ turn left and rock right to right, recover on left
- 7-8 Make ¼ turn left and step right to right, touch left beside right
- 9-12 Step left to left and bump hips left four times (on each hip bump lean a little further to the left)

The dance concludes on count 4 of the main dance. At this point throw both arms up in the air

An easier option for counts 41-44 and 57-60 is:

KICK-BALL-CHANGE TWICE

- 41&42 Kick right forward, step right beside left, step left beside right
- 43&44 Kick right forward, step right beside left, step left beside right

KICK-BALL-CHANGE TWICE

- 57-60 Repeat above variation for counts 41-44
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