

The Merc'

拍數: 32 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: Mercedes Benz - Janis Joplin & Medicine Head



Dance starts when the drums and guitar kick in after Janis's spoken intro. You should be at the start of the second wall (3:00) when the main vocals come in

2X KICK BALL SIDE-TOGETHER, SIDE TOUCH, ¼ RIGHT TOGETHER

1&2 Kick right foot forward, step right foot next to left, touch left toe to left side
3 Step left foot next to right
4&5 Kick right foot forward, step right foot next to left, touch left toe to left side
6 Step left foot next to right
7-8 Touch right toe to right side, turn ¼ right & step right foot next to left

CROSS ROCK WITH EXPRESSION, STEP, ROCK WITH EXPRESSION, STEP, TOGETHER-CROSS-SIDE ROCK, STEP, ¼ LEFT SIDE STEP

9-10 (Leaning left) cross rock left foot over right (foot pointing forward), step onto right foot
11-12 (Leaning left) rock onto left foot (foot pointing forward), step onto right foot
&13-14 Step left foot next to right, cross step right foot over left, rock left foot to left side
15-16 Step onto right foot, turn ¼ left & step left foot to left side

DIAGONAL FORWARD STEP WITH EXPRESSION, STEP, TOGETHER-DIAGONAL FORWARD STEP WITH EXPRESSION, STEP, TOGETHER-¼ LEFT CROSS STEP, SIDE STEP, STEP BEHIND-TOGETHER-¼ LEFT ROCK FORWARD

17 Step right foot diagonally forward left (thrusting hips and arms forward),
18 Step onto left foot (& straightening up)
&19 Step right foot next to left, step left foot diagonally forward right (thrusting hips and arms forward)
20 Step onto right foot (& straightening up)
&21-22 Step left foot next to right, turn ¼ left & cross step right foot over left, step left foot to left side
23&24 Cross step right foot behind left, step left foot next to right, turn ¼ left & rock forward onto right foot

ROCK, LARGE STEP BACKWARD, STEP, FORWARD HITCH, STEP BACKWARD, ¼ SIDE STEP, STEP BEHIND, SIDE STEP

25-26 Rock onto left foot, large step backward onto right foot,
27-28 Step full weight onto left foot (& start to raise right knee), hitch right knee forward (raising left heel off floor)

On Count 28, (modesty permitting) raise right knee up to waist level and (optionally) shout "Oh Lord"

29-30 Step backward onto right foot, turn ¼ left & step left foot to left side
31-32 Cross step right foot behind left, step left foot to left side

REPEAT

DANCE FINISH

The dance will finish with the music on count 32 of the 12th ('home') wall. If you wish to add a flourish to the end of the dance (after count 32) simply step right foot next to left with right hand on hat brim and left hand on left hip