Merry Go Round

拍數: 64

級數:

編舞者: Joanne Brady (USA)

音樂: Merry Go Round - Scooter Lee

BROADWAY KICKS, RIGHT KICK BALL CHANGE

1-2 Kick left foot diagonally forward & across right, step left next to right

牆數:2

- 3-4 Kick right foot diagonally forward & across left, step right next to left
- 5-6 Kick left foot diagonally forward & across right, step left next to right
- 7&8 (right kick ball change) kick right foot forward, step right next to left with ball of foot, step in place with left

RIGHT SIDE SHUFFLE, ROCK STEP

- 9&10 Right shuffle to right side (right-left-right)
- 11-12 Rock left back, step in place with right

ROLLING VINE LEFT, TOUCH TOGETHER

- 13-14 Turn ¹/₄ left and step forward with left, turn ¹/₂ left and step back with right
- 15-16 Turn ¼ left as you step side with left, touch right next to left

STEP DRAGS TO RIGHT AND LEFT

- 17-20 Step right to right side (large step), drag (slide) left foot next to right foot over counts 18-20
- 21-24 Step left to left side (large step), drag (slide) right foot next to left foot over counts 22-24

POINT CROSSES TRAVELING FORWARD & BACK

- 25-28 Touch right toe to right side, cross & step right over left, touch left toe to left side, cross & step left over right
- 29-32 Touch right toe to right side, cross & step right behind left, touch left toe to left side, cross & step left behind right

When toes are pointed, both knees should be locked, when feet are crossed-bend both knee

4 TOE/HEEL STEPS BACKWARD

33-40 Step right toe back, lower right heel, step left toe back, lower left heel, repeat

PADDLE TURN TO LEFT (1/2 TURN TOTAL)

- 41-44 Step right toe forward turning 1/8 left, step on ball of left, repeat
- 45-48 Repeat paddle turn & touch left next to right

You should have turned 1/2 left at this point

STEP DRAGS TO LEFT AND RIGHT

49-56 Repeat 17-24 going to the left first with slide, then going to the right

ARM & HAND MOTIONS

Standing with weight on right foot and left toe next to right instep

Put both arms up like you are showing your muscles

- 57 Hold left arm up while bending right elbow & bringing right fist to right shoulder
- 58 Bring right fist & arm back up and bring left fist to left shoulder
- 59-60 Repeat 57-58
- 61-64 With palms of hands facing toward your body, hold the left hand 6-8 inches from heart, hold right hand under left hand & pat chest, then pat palm of left hand, pat chest, pat palm of left hand





