

Mona Lisa

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Adrian Churm (UK)
音樂: Mona Lisa - The Dean Brothers



TOE STRUTS, SIDE TOGETHER CROSS TWICE

- 1-4 Step to the right side on ball of the right foot, snap right heel down, step ball of left foot forward and across right, snap left heel down
- 5-8 Step right foot to the right side, close left foot next to right, step right foot forward and across left, hold for one beat
- 9-16 Repeat steps 1-8 on the opposite foot

SIDE TOGETHER SLIDE, ¼ TURN JAZZ BOX, SPRING ¼ TURN, CROSS HALF TURN, SPRING FORWARD, STEP BACK AND KICK

- 17-20 Step right foot to the right side, close left foot towards right, step right foot to the right side (large step) sliding left foot towards right for count 20 (with no weight)
- 21-24 Cross left foot over right, step right foot back, making a quarter turn left, step forward onto the left foot, hold for one beat
- &25-26 Making a quarter turn to left, *spring from left foot to right stepping right foot to the right side, cross left foot behind right on the ball of the foot
- 27-28 Over two counts of music unwind a half turn to the left, weight ending on the left foot
- &29-30 Spring forward off the left foot stepping right foot forward, touch left foot behind right
- &31-32 Step left foot back, kick right foot forward and hold for one beat

LOCK STEPS BACK WITH A FOOT FLICK, SLOW COASTER STEP, BRUSH

- 33-36 Step right foot back, cross left foot in front of right, step right foot back, flick left foot forward
- 37-40 Repeat steps 33-36 on the opposite foot
- 41-44 Step right foot back, close left foot next to right, step right foot forward, brush left foot forward

CROSS OVER, SIDE TOGETHER SIDE, HEEL TAP WITH A HEAD FLICK

- 45-48 Cross left foot over right, pause for one beat, step right foot back, pause for one beat
- 49-52 Step left foot to the side, close right foot towards left, step left foot to the side, touch right heel out to the right side as you flick the head back and to the left

SIDE BEHIND, SIDE TAP, SWIVELS, SPRING FORWARD, SPRING BACK WITH A ¼ TURN AND HEEL TAP

- 53-56 Step right foot to the right side, step left foot back and behind right, step right foot to the right side, step ball of the left foot behind right
- 57-60 Raising up onto the balls of both feet swivel heels to the right, back to center, to right and back to center lowering down with weight on the left foot
- &61-62 Spring forward off the left foot stepping right foot forward, touch left foot behind right
- &63-64 As you make a quarter turn to the left spring back onto the left foot (left foot will now be to the left side), touch right heel to the right side, hold for one beat

A spring step is a very small jump from one foot to the other

REPEAT