

Mother Mary

拍數: 64 牆數: 1 級數:
編舞者: Mark Furnell (UK)
音樂: The Power - Vanessa Amorosi



KICK RIGHT BALL POINT LEFT, POINT LEFT FORWARD, POINT LEFT TO SIDE, KICK LEFT BALL POINT RIGHT, POINT RIGHT FORWARD, POINT RIGHT TO SIDE

1&2-3-4 Kick right forward ball change and point left to side, point left in front of right, point left to side
5&6-7-8 Kick left forward ball change and point right to side, point right in front of left, point right to side

KICK RIGHT BALL POINT LEFT, CROSS LEFT OVER RIGHT UNWIND ½ TURN RIGHT. STEP SIDE ON LEFT, TOUCH RIGHT, STEP SIDE ON RIGHT AND CLOSE LEFT

9&10-11-12 Kick right forward ball change and point left to side, cross left in front of right and unwind ½ turn right. Leaving weight on right foot
13-14-15-16 Step side on left foot, touch right to left, step side on right, close left to right, transfer weight to left leg

2 X RIGHT KICK BALL AND CROSS, STEP SIDE ON RIGHT, HITCH ½ TURN LEFT AND SIDE CHASSE LEFT

17&18-19&20 Kick right ball cross left over right, kick right ball cross left over right
21-22-23&24 Step side on right, hitch left knee and pivot ½ turn left, chasse left

CROSS ROCK AND SIDE, CROSS ROCK AND SIDE, STEP FORWARD, FORWARD, BACK AND TOGETHER

25&26-27&28 Cross rock right over left step side right, cross rock left over right step side left
29-30-31-32 Step diagonal forward on right, step diagonal forward on left step right back in place, step left in place

RIGHT SAILOR STEP, LEFT SAILOR STEP, FORWARD RIGHT COASTER, BACK LEFT COASTER

33&34-35&36 Right sailor step, left sailor step
37&38-39&40 Right coaster step forward, left coaster step back

STEP SIDE RIGHT, CROSS LEFT BEHIND RIGHT, MAKING ¼ TO RIGHT STEP CLOSE, STEP CLOSE AND A ROCK STEP, TRIPLE WHOLE TURN RIGHT

41-42-43&44& Step side right, cross left behind right, ¼ turn right and step right close left, step right close left and
45-46-47&48 Rock forward on right, back on left, triple whole turn right, stepping right, left, right

ROCK STEP, TRIPLE ¾ TURN LEFT, ROCK SIDE RIGHT, SWITCH ROCK SIDE LEFT

49-50-51&52 Rock forward on left, back on right, triple ¾ turn left stepping left, right, left
53-54&55-56 Rock side right, back left, bring right to left and rock left to side back right

CLOSE LEFT TO RIGHT & POINT RIGHT TO SIDE HOLD TWICE, CROSS RIGHT OVER LEFT, PIVOT ½ TURN RIGHT STEPPING BACK ON LEFT, STEP BACK RIGHT STEP BACK LEFT

&57-58&59-60 Bring left to right and point right to side, hold for 1 beat, bring left to right and point right to side, hold for 1 beat
61-62-63-64 Cross right over left, ½ turn right stepping onto left step back right, step back left

REPEAT

RESTART

On the 3rd wall, dance up to step 44, hold for 1 count, then bounce both heels twice making a ¼ turn to left.

Restart dance

TAG

After the 5th wall, when returning to front wall after count 64, jump back right-left for 2 counts, extending arms to front, palms facing forward, then hold this position for 2 counts. The restart dance from counts 5&6 (missing out steps 1-4)
