

The Mummer's Dance

拍數: 56 牆數: 0 級數:
編舞者: John Hol
音樂: Mummer's Dance (DNA Remix) - Loreena McKennitt



SYNCOPATED WEAVE LEFT, HOLD, ½ TURN LEFT (UNWIND), HOLD, COASTER STEP

1 Cross right over left
&2 Step left, cross right behind left
&3 Step left, cross right over left
4 Hold
5 Both feet ½ turn left (unwind)
6 Hold
7&8 Step back left, step right beside left, step forward left

STEP, SCUFF, HITCH, STEP, SCUFF, HITCH, SHUFFLE BACKWARD, TRIPLE ½ TURN LEFT

9 Step forward on right
&10 Scuff left, hitch left
11 Step forward on left
&12 Scuff right, hitch right
13&14 Shuffle backward right, left, right
15&16 Triple step ½ turn left stepping left, right, left

HEEL BALL CROSS RIGHT 2X, RIGHT CHASSÉ, BACK ROCK

17 Touch right heel diagonally forward right,
&18 Step ball of right back to place, cross step left over right
19 Touch right heel diagonally forward right,
&20 Step ball of right back to place, cross step left over right
21&22 Right side chassé (right, left, right)
23 Rock back on left
24 Rock back on left

HEEL BALL CROSS LEFT 2X, LEFT CHASSÉ, BACK ROCK

25 Touch left heel diagonally forward left,
&26 Step ball of left back to place, cross step right over left
27 Touch left heel diagonally forward left,
&28 Step ball of left back to place, cross step right over left
29&30 Left side chassé (left, right, left)
31 Rock back on right
32 Rock forward on left

HEEL & TOE, ¼ TURN RIGHT & TOE & HEEL 2X

33 Tap right heel forward
&34 Step right in place, touch left toe behind right
&35 Step left feet ¼ turn right, touch right toe behind left
&36 Step right in place, tap left heel forward
&37 Step left in place, tap right heel forward
&38 Step right in place, touch left toe behind right
&39 Step left feet ¼ turn right, touch right toe behind left
&40 Step right in place, tap left heel forward

STEP BACKWARD, LIFT & SWIVEL HEELS RIGHT, STEP BACKWARD, LIFT & SWIVEL HEELS LEFT, COASTER STEP, SHUFFLE FORWARD

- 41 Step back left
- &42 Lift both heels and swivel right and back
- 43 Step back right
- &44 Lift both heels and swivel left and back
- 45&46 Step back left, step right beside left, step forward left
- 47&48 Shuffle forward right, left, right

STEP FORWARD, LIFT & SWIVEL HEELS LEFT, STEP FORWARD, LIFT & SWIVEL HEELS RIGHT, COASTER STEP, SHUFFLE BACKWARD

- 49 Step left forward
- &50 Lift both heels and swivel left and back
- 51 Step forward right
- &52 Lift both heels and swivel right and back
- 53&54 Step back right, step left beside right, step forward right
- 55&56 Shuffle backward left, right, left

REPEAT

TAG

After completing 4 walls of the dance you will do steps 1-8 (syncopated weave etc.), then:

LARGE STEP, DRAG AND TOUCH (RIGHT AND LEFT)

- 1 Step right large step right
- 2-3 Drag
- 4 Touch left toe beside right
- 5 Step left large step left
- 6-7 Drag
- 8 Touch right toe beside left

Start again with the syncopated weave and dance through to end
