My Maria (P)

拍數: 48

級數: Partner

編舞者: Pat Clark (USA) & Tom Clark (USA)

音樂: My Maria - Brooks & Dunn

Position: Side by side. No body contact at start

LADY

- 1-2 Step left foot forward and bump hips forward twice
- 3-4 Touch right foot next to right, hold
- 5-6 Step right foot forward and bump hips forward twice
- 7-8 Touch left foot next to left, hold
- 9-11 Walk forward-left, right, left

AS YOU TURN TO FACE EACH OTHER, BRING YOUR ARMS UP TO REST ON EACH OTHERS SHOULDERS, MAN'S ON TOP

- 12 Turn ¹/₄ left (facing partner)
- 13 Touch left toes back
- 14 Step left foot home
- 15 Touch right toes back
- Step right foot home 16
- 17 Touch left toes back
- 18 Touch left foot next to right(drop shoulder hold)
- 19-20 Shift weight to left foot and bump hips twice
- 21-23 Step, slide, step to the right-right, left, right
- 21 Touch left foot next to right
- 25-27 Step, slide, step to the left-left, right, left
- 28 Touch right foot next to left

AS YOU TURN PICK UP INSIDE HANDS ON COUNT 31

- 29-31 Turn ³/₄ right stepping in place right, left, right (RLOD)
- 32 Touch left foot to man's right foot in front of your body
- 33 Step left foot to left side
- 34 Push weight in on ball of right foot
- 35-36 Set right heel down and bump hips right twice
- 37 Drop hands as you step left foot forward
- 38 Pivot ¹/₂ right

MOVE INTO PROMENADE POSITION AS YOU COMPLETE THE TURN

- 39-40 Walk forward-left, right
- 41 Step left foot forward
- 42 Raise left heel straight up as you raise your right heel and drag your right foot forward (keep right leg fairly straight and bend left knee)
- 43-44 Repeat 41-42
- 45-46 Repeat 41-42
- 47-48 Drop hands as you step left foot over right foot, step right foot to right side

REPEAT

- MAN 1-2 Step right foot forward and bump hips forward twice
- 3-4 Touch left foot next to left, hold



牆數: 0

- 5-6 Step left foot forward and bump hips forward twice
- 7-8 Touch right foot next to right, hold
- 9-11 Walk forward-right, left, right

AS YOU TURN TO FACE EACH OTHER, BRING YOUR ARMS UP TO REST ON EACH OTHERS SHOULDERS, MAN'S ON TOP

- 12 Turn ¼ right (facing partner)
- 13 Touch right toes back
- 14 Step right foot home
- 15 Touch left toes back
- 16 Step left foot home
- 17 Touch right toes back
- 18 Touch right foot next to left
- 19-20 Shift weight to right foot and bump hips twice
- 21-23 Step, slide, step to the left-left, right, left
- 21 Touch right foot next to left
- 25-27 Step, slide, step to the right-right, left, right
- 28 Touch left foot next to right

AS YOU TURN PICK UP INSIDE HANDS ON COUNT 31

- 29-31 Turn ³/₄ left stepping in place left, right, left (RLOD)
- 32 Touch right foot to lady's left foot in front of your body
- 33 Step right foot to right side
- 34 Push weight in on ball of left foot
- 35-36 Set left heel down and bump hips left twice
- 37 Drop hands as you step right foot forward
- 38 Pivot ½ left

MOVE INTO PROMENADE POSITION AS YOU COMPLETE THE TURN

- 39-40 Walk forward-right, left
- 41 Step right foot forward
- 42 Raise right heel straight up as you raise your left heel and drag your left foot forward (keep left leg fairly straight and bend right knee)
- 43-44 Repeat 41-42
- 45-46 Repeat 41-42
- 47-48 Drop hands as you step right foot over left foot, step left foot to left side

REPEAT