

My My

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Mamma Mia - ABBA



STEP FORWARD RIGHT, HOLD, STEP FORWARD LEFT, HOLD, STEP FORWARD RIGHT-LEFT-RIGHT HOLD

1-4 Step forward right, hold, step forward left, hold
5-8 Step forward right-left-right, hold

STEP FORWARD LEFT, PIVOT ½ turn RIGHT, STEP FORWARD LEFT, HOLD

1-4 Step forward left, pivot ½ turn right onto right, step forward left, hold

SIDE STEPS, CROSS STEPS, HOLDS

1-4 Step right to right side, step left in place, cross step right over left, hold
5-8 Step left to left side, step right in place, cross step left over right, hold

½ turn MONTEREY TURN RIGHT

1-4 Touch right out to right, turn ½ turn right by twisting on left foot & step right beside left, touch left out to left, step left beside right

SHUFFLE BACK RIGHT, SHUFFLE BACK LEFT, STEP BACK, HOLD, TURN ½ turn RIGHT, HOLD

1&2-3&4 Shuffle back right-left-right, shuffle back left-right-left
5-8 Step back on right, hold, turn ½ turn right weight forward on right, hold

STEP FORWARD, PIVOT, CROSS LEFT OVER RIGHT, HOLD, ROCK RIGHT, ROCK LEFT, TURN ½ turn RIGHT & STEP RIGHT-LEFT-RIGHT

1-4 Step forward left, pivot ¼ turn right onto right, cross left over right, hold
5-6-7&8 Rock right to right, step left in place, turn ½ turn right & step right-left-right

STEP FORWARD LEFT, BACK RIGHT, TURN ½ turn LEFT & TRIPLE STEP, KNOCK KNEES TOGETHER 4 TIMES

1-2-3&4 Step forward left, rock back on right, turn ½ turn left & step left-right-left
5&6-7&8 Knees together, apart, together, apart, together, apart, together, apart

VINE RIGHT WITH ¼ TURN RIGHT, TAP LEFT BESIDE RIGHT

1-4 Step right to right, step left behind turn ¼ turn right & step forward on right, tap left beside right

LEFT LOCK STEP BACK WITH ½ TURN RIGHT, STEP FORWARD

1-4 Step back left, step back right across left, step back left, turn ½ turn right & step right forward

ROCKING HORSE

1-4 Step forward left, step back right, step back left, step forward right

JUMP APART CLAP, JUMP TOGETHER, CLAP

&1-2&3-4 Jump out left-right, clap, jump in left-right, clap

REPEAT