My Way Merengue

拍數: 32

級數: Improver

編舞者: Kathy Hunyadi (USA) & Max Perry (USA)

音樂: I'm Not Running Anymore - John Mellencamp

When dancing to "Hot, Hot, Hot", eliminate bridge

SIDE TOGETHER, SIDE TOGETHER; ROCK ½ TURN RIGHT; STEP TOGETHER

- 1-4 Step right foot to side, step left beside right; step right foot to side, step left beside right (weight on left)
- 5-6 Rock forward onto right foot, recover weight to left foot while turning ½ right
- 7-8 Step forward on right foot, step left foot beside right

SIDE TOGETHER, SIDE TOGETHER; ROCK ½ TURN RIGHT; SHUFFLE

- 1-4 Step right foot to side, step left beside right; step right foot to side, step left beside right (weight on left)
- 5-6 Rock forward onto right foot, recover weight to left foot while turning ½ to right
- 7&8 Shuffle in place right, left, right

WALK FORWARD, TOUCH; WALK BACK, TOUCH

- 1-4 Walk forward left, right, left; touch right toe out to side
- 5-8 Walk back right, left, right; touch left toe out to side

STEP, CLAP, CLAP; STEP, CLAP, CLAP; RIGHT ½ TURN; STEP, CLAP, CLAP

- 1&2 Step forward on left foot (1); clap hands twice (&2)
- 3&4 Step forward on right foot (3); clap hands twice (&4)
- 5-6 Step forward on left foot, turn ¹/₂ to right, step right foot in place
- 7&8 Step forward on left foot (7); clap hands twice (&8)

REPEAT

BRIDGE

16 count bridge is done after 3rd wall...only once! You will be facing opposite of original starting wall. Use lots of hip action here!

FOUR ¼ TURNS TO LEFT, TOUCH; FOUR ¼ TURNS TO RIGHT, TOUCH

- 1-8 Step forward on right foot, turn ¼ left, step left foot in place....continue step ¼ turns to left 3 times more and end with left toe touch on count 8
- 9-16 Step forward on left foot, turn ¼ right, step right foot in place....continue step ¼ turns to right 3 times more and end with right toe touch on count 16

Go back to beginning of dance and continue to end of song without doing bridge again! If you use another "Merengue" type song omit the bridge altogether

-- KH & MP





牆數:2

-