

No Mercy

拍數: 56 牆數: 2 級數: Intermediate/Advanced
編舞者: Janet Jolliffe (USA)
音樂: Where Do You Go - No Mercy



- 1-2 Step forward on right-pivot ½ left (weight to left)
3&4 Shuffle forward stepping right-left-right
5-6 Step left to left side with ¼ turn right-keeping weight on left, turn ½ right and step right to right side
7-8 Cross left over right-step right to right side
- 1&2 Left sailor shuffle: step left behind right-step right to right-step on left
3-4 Cross stepping right over left-step left to left side
5-6 Cross right behind left-step left to left side with ¼ turn left
7-8 Step right forward-pivot ½ left & angle body slightly to left (weight on left)
- 1-2 With body on angle to left, stomp right slightly forward-hold & clap
3&4 With body on angle to left, stomp right slightly forward-stomp left behind right-stomp right slightly forward
5&6 With body angled to left, left sailor shuffle: step left behind right-step right to right-step left to left
7&8 Turning body to face forward, (6 o'clock) right coaster step: step right back-step left by right-step right forward
- 1-2 Turn ½ left and step forward on left-keeping weight on left, turn ¼ turn left and step right to right side
3-4 Keeping weight on right, turn ½ left and step left to left side-touch right toes to right side
5-6 Turn ¼ right and step right to right side-keeping weight on right, turn ¼ right and step left to left side
7-8 Keeping weight on left, turn ½ turn right and step right to right side-touch left toes to left side
- 1-2 Bending left knee to face towards right side, drag left toes on floor towards right-step down on left pointing left toes to left side & slightly forward of right (left heel should be by right toes)
&-3 Hold position and clap twice
&-4 Stomp left foot in place-hold position & clap
5-6 Swivel both heels to left-swivel both heels to right
7&8 Swivel both heels to left-swivel both heels to right-swivel both heels to left with ¼ turn right (left foot should be weighted & back & right toes should be touching floor with right knee bent)
- 1&2 Shuffle forward stepping right-left-right
3&4& Rock forward on left-recover back on right-rock back on left-recover forward on right
5&6 Shuffle forward stepping left-right-left
7&8& Rock forward on right-recover back on left-rock back on right-recover forward on left
- 1&2 Shuffle forward stepping right-left-right
3&4& Rock forward on left-recover back on right-rock back on left-step right by left
5&6& Rock forward on left-recover back on right-rock back on left-step right by left
7&8 Rock forward on left-recover back on right-rock back on left

REPEAT

