

Oh Mary Lou

拍數: 0 牆數: 2 級數: Advanced
編舞者: Lou Ecken (USA)
音樂: Oh Mary Lou - Eddie Mitchell



Sequence: A, BB, A, BB, AA

PART A

TOE HEEL CROSS TOUCH, STEP PIVOT, HIP THRUSTS

1-2 Touch right toe next to left foot, touch right heel next to left foot
3-4 Step right across left, touch left out to left side
5-6 Step left foot forward, pivot $\frac{1}{4}$ turn right (weight right foot)
7-8 Do two quick pelvic thrusts

ROCK STEP, COASTER STEP, $\frac{1}{4}$ TURN SLIDE, COASTER TOUCH

1-2 Rock forward on left, recover on right
3&4 Step back on left, step right next to left, step forward on left
5-6 Making a $\frac{1}{4}$ turn to the left, take a large sliding step on right
7&8 Step back on left, step right next to left, touch left next to right

TOE HEEL CROSS TOUCH, STEP PIVOT, HIP THRUSTS

1-2 Touch left toe next to right foot, touch left heel next to right foot
3-4 Step left across right, touch right out to right side
5-6 Step right foot forward, pivot $\frac{1}{4}$ turn left (weight left foot)
7-8 Do two quick pelvic thrusts

ROCK STEP, COASTER STEP, $\frac{1}{4}$ TURN SLIDE, COASTER TOUCH

1-2 Rock forward on right, recover on left
3&4 Step back on right, step left next to right, step forward on right
5-6 Making a $\frac{1}{4}$ turn to the right, take a large sliding step on left
7&8 Step back on right, step left next to right, touch right next to left

PART B

RIGHT CROSS ROCK SHUFFLE STEP, CROSS ROCK SHUFFLE STEP

1-2 Step right across left, step left in place
3&4 Step right to right side, step left next to right, step right to right side
5-6 Step left across right, step left back in place
7&8 Step left to left side, step right next to left, step left to left side

KICK WALKS, DRAG BACK, STOMP, STOMP

1-4 Kick step forward right, left, right, left
5-6 Take a large step back to the right diagonally, drag left to close
7-8 Stomp right, stomp left

KICK-BALL-CROSS, KICK-BALL-CROSS, SIDE ROCK, SAILOR STEP

1&2 Kick right across left, step right across left, step left to left
3&4 Kick right across left, step right across left, step left to left
5-6 Step right out to right side, recover weight on left
7&8 Step right behind left, step left to left side, step right under body

ROCK LEFT, SAILOR TURN, SHIMMY DOWN, SHIMMY UP

1-2 Step left to left side, recover weight on right

3&4 Step left behind right, step right in place making $\frac{1}{4}$ turn left, step in place making $\frac{1}{4}$ turn left
5-6 Shimmy (shake your shoulders) down
7-8 Shimmy up (end with weight on left)

REPEAT
