

# 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**

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