

Ole' Maria

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Colleen Archer (AUS)
音樂: María - Ricky Martin



16-COUNT INTRO (ONE TIME ONLY)

1&2 Step right forward 45 degrees to right and push hips right-left-right
3&4 Step left forward 45 degrees to left and push hips left-right-left
5&6 Step right back 45 degrees to right and push hips right-left-right
7&8 Step left back 45 degrees to left and push hips left-right-left
9-16 Repeat last 8 beats

MAIN DANCE

&1 Step right back, step left forward
2-3 Step right forward, lock left behind right
4 Step right to side
5&6 Shania shuffle - step/cross left over right, step right behind left step/cross left over right
7 Step right to side, turn ¼ turn left
8 Step forward on left

1-2 Stomp right beside left, hold 1 count & clap
3& Touch left toe to side, step left together
4& Touch right toe to side, step right together
5-6 Step left to side, step right behind left
7-8 Step left to side, touch right together & clap

1&2 Right shuffle to side (right-left-right), hinge turn on ball of right ½ turn right
3&4 Left shuffle to side (left-right-left)
5& Touch right heel forward at 45 degrees, step right together
6& Touch left toe back, step left together
7-8 Touch right heel forward, hitch right knee & click fingers

1-8 Turn ¼ turn right and repeat last 8 beats

1&2 Step back 45 degrees on right & push hips right-left-right (turn body slightly right)
3&4 Step back 45 degrees on left & push hips left-right-left (turn body slightly left)
5&6 Leading with hip shuffle forward right-left-right
7&8 Turn ½ turn right on ball of right foot & shuffle back left-right-left

1-8 Repeat last 8 beats

1-2 Long step right to side, hold 1 count (rolling hands in front)
3-4 Drag left foot over beside right (weight stays on right foot)

Last 4 counts: roll hands around each other, elbows bent

5-6 Step left foot back, rock forward on right foot
7&8 Turn ½ turn right with triple step in place left-right-left

1-2 Long step right to side, hold 1 count (rolling hands in front)
3-4 Drag left foot over beside right (weight stays on right foot)

Last 4 counts: roll hands around each other, elbows bent

5-6 Step left foot forward, rock back on right foot

7&8

Turn $\frac{3}{4}$ turn left with triple step in place left-right-left

REPEAT
