

Hello Mary Lou

拍數: 32 牆數: 2 級數: Improver
編舞者: Al Vigus (UK)
音樂: Hello Mary Lou - Ricky Nelson



RIGHT FORWARD SHUFFLE, LEFT COASTER FORWARD, RIGHT COASTER BACK, ¼ RIGHT PIVOT & CROSS

1&2 Step forward on right, step left next to right, step forward on right
3&4 Step forward on left, step right next to left, step back on left
5&6 Step back on right, step left next to right, step forward on right
7&8 Step forward on left, turn ¼ turn to right (weight on right), cross left over right. (3:00)

RIGHT WEAWE, SIDE ROCK TO RIGHT, RIGHT CROSS STEP, ½ TURN RIGHT, RIGHT ROCK & CROSS

1&2& Step right to right side, cross left behind right, step right to right side, cross left over right
3&4 Rock right out to right side, replace weight onto left, cross right over left.
5&6 Step left to left side turning ¼ turn to right, turn a further ¼ turn to right stepping right to right side, cross left over right
7&8 Rock right to right side, replace weight on to left, cross right over left. (9:00)

¾ TURN RIGHT, FORWARD WALKS & CLAPS, RIGHT FORWARD MAMBO, LEFT COASTER/CROSS

1&2 Step left to left side turning ¼ turn to right, step back on right turning a further ½ turn right, step forward on left
3&4& Step forward on right, clap hands, step forward on left, clap hands
5&6 Rock forward on right foot, replace weight back on left, step right back slightly behind left
7&8 Step back on left, step right next to left, cross left over right (6:00)

TOE TOUCHES WITH RIGHT, FULL TURN RIGHT ON THE SPOT, 3 STEP VINE LEFT STOMPS

1&2 Touch right toes to right, touch right toes next to left, touch right toes to right
3&4 Turn full turn over right shoulder stepping right, left, right (on the spot)

Easier option: cha, cha, cha, on the spot, left, right, left

5&6 Step left to left side, cross right behind left, step left to left side
7-8 Stomp right foot forward, stomp left foot forward. (6:00)

REPEAT
