

Hello Mary Lou

拍數: 32 牆數: 4 級數: Improver
編舞者: Ib Larsen (DK) - August 2007
音樂: Hello Mary Lou - Creedence Clearwater Revival



HEEL STRUT 2X, FORWARD COASTER, TOE STRUT 2X BACK, BACK COASTER

1&2& Touch right heel forward, drop right toe, step left heel forward, drop left toe
3&4 Step right forward, step left together, step right back
5&6& Step left toe back, drop left heel, step right toe back, drop right heel
7&8 Step left back, step right together, step left forward

STEP TURN ¼ LEFT, CROSS SHUFFLE, LEFT SCISSORS, RIGHT SCISSORS

9-10 Step right forward, turn ¼ left (weight to left)
11&12 Cross right over left, step left to side, cross right over left
13&14 Step left to side, step right together, cross left over right
15&16 Step right to side, step left together, cross right over left

TOUCH, HOOK, STEP TURN ¼ RIGHT STEP CROSS, CHASSE RIGHT, LEFT SAILOR

17& Touch left toe to side, touch left toe together
18& Touch left heel forward, hook left over right
19&20 Step left forward, turn ¼ right (weight to right), cross left over right
21&22 Step right to side, step left together, step right to side
23&24 Cross left behind right, step right to side, step left to side

TOUCH, HOOK, STEP TURN ½ LEFT STEP, SHUFFLE FORWARD, ROCK TURN ¼ RIGHT STEP

25& Touch right toe to side, touch right toe together
26& Touch right heel forward, hook right over left
27-28 Step right forward, turn ½ left (weight on right)
29&30 Step left forward, step right together, step left forward
31&32& Rock right forward, recover to left, turn ¼ right and step right forward, step left forward

REPEAT

ENDING: On wall 7 (last wall) change counts 15&16 to "step right to side, turn ¼ left and step left forward, step right together" to finish facing home wall

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