

Mrs Robinson

拍數: 40 牆數: 2 級數: Improver
編舞者: Kate Sala (UK)
音樂: Mrs Robinson - Diamond Jack : (Album: TRAVELLER)



Start on main vocals, when you hear the cymbal play.

The sequence being: 40 Counts, 36 counts, 40 counts, 36 counts, 40 counts, 36 counts, to end.

The dance alternates 40 Counts 1st wall, 36 Counts 2nd Wall and so on.

R Side Step, Behind & Cross, Side, Back Rock & Side Step, Turn ¼ R, Back Rock & Forward Step.

1 2 & Step R to R side. Cross step L behind R. Step R to R side.
3 4 Cross step L over R. Step R to R side.
5 & 6 Cross rock back on L. Recover forward on to R. Step L to L side
7 & 8 Turn 1/4 R rocking back on R. Rock forward on L. Step forward on R.

Forward Rock, Back Rock, Back Lock Step, Walk Back R, L, Out, Out & Cross.

1 2 Rock forward on L. Rock back on R.
3 & 4 Step back on L. Lock step R in front of L. Step back on L.
5 6 Walk back on R, L.
& 7 & 8 Step R out to R side. Step L out to L side. Step R in to centre. Cross step L over R.

R Side Rock, Recover, Cross Shuffle, Turn ½ R, Shuffle Forward.

1 2 Side rock on R to R side. Recover on to L.
3 & 4 Cross step R over L. Step L to L side. Cross step R over L.
5 6 Turn ¼ R stepping back on L. Turn ¼ R stepping R to R side.
7 & 8 Step forward on L. Step R next to L. Step forward on L.

Mambo Forward, Mambo Back, Mambo Forward, Touch Back, Pivot 1/2 Turn L.

1 & 2 Rock forward on R. Rock back on L. Step back on R.
3 & 4 Rock back on L. Rock forward on R. Step forward on L.
5 & 6 Rock forward on R. Rock back on L. Step back on R right.
7 8 Touch L toe back. Pivot 1/2 turn L. (Weight on L).

Turn ¼ L x 4, Cross Rock & Side Step, Cross Rock & Side Step.

1 2 Step R to R side. Turn ¼ L on ball of R stepping L to L side.
3 4 Turn ¼ L on ball of L stepping R to R side. Turn 1/4 L on ball of R stepping L to L side.

(Restart from here every time you face the front wall).

5 & 6 Cross rock R over L. Recover on to L. Step R to R side.
7 & 8 Cross rock L over R. Recover on to R. Step L to L side.

(The above 5 ? 8 counts to be danced only when facing the back wall).

To fit the music every time you face the back wall complete the whole 40 counts

Every time you face the front wall drop the last 4 counts, that is the cross rocks.

Dancing only 36 counts.