

# Valerie

拍數: 32      牆數: 4      級數: Improver  
編舞者: Rachael McEnaney (USA) - October 2007  
音樂: Valerie - Mark Ronson : (Album: Version)



Count In: 16 counts from start of track, dance begins on vocals.

**(1 – 8) Left mambo forward, Right Shuffle Back, Left Coaster Step, Two Heel Struts forward**

1 & 2      Rock forward on left (1), recover weight onto right (&), step back on left (2)  
3 & 4      Step back on right (3), step left next to right (&), step back on right (4)  
5 & 6      Step back on left (5), step right next to left (&), step forward on left (6)  
7 & 8 &    Right heel strut (heel, toe) (7&), Left heel strut (heel toe) (8&) [12.00]

**(9 – 16) Right cross rock, Left cross rock with ¼ turn, Right heel rock, ball rock with ¼ turn, Right Shuffle**

1 & 2      Cross rock right over left (1), recover weight onto left (&), step right to right side (2) [12.00]  
3 & 4      Cross rock left over right (3), recover weight onto right making ¼ turn left (&), step forward on left (4) [9.00]  
5 &      Rock forward onto right heel (5), recover weight onto left (&), [9.00]  
6 &      Rock back onto ball of right making ¼ turn left (6), recover weight onto left (&) [6.00]  
7 & 8      Step forward on right (7), step left next to right (&), step forward on right (8) [6.00]

**(17 – 24) Left rumba box, Left coaster step, Right toe heel cross**

1 & 2      Step left to left side (1), step right next to left (&), step forward on left (2)  
3 & 4      Step right to right side (3), step left next to right (&), step back on right (4)  
5 & 6      Step back on left (5), step right next to left (&), step forward on left (6)  
7 & 8      Touch right toe next to left (7), touch right heel to right diagonal (&), cross right over left (8) [6.00]

**(25 – 32) Left Charleston step, Left side rock cross, ¾ turning triple step.**

1 - 2      Touch left toe forward (1), step back on left (2) [6.00]  
3 - 4      Touch right toe back (3), step forward on right (4) [6.00]  
5 & 6      Rock left to left side (5), recover weight onto right (&), cross left over right (6) [6.00]  
7 & 8      Make ¼ turn left stepping back on right (7), make ½ turn left stepping forward left (&), step forward right (8) [9.00]

**START AGAIN, HAVE FUN!**

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