

Mercy

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Mercy - Duffy : (CD Single)



Start after a 64 count intro.

Step, Pivot ½ Turn, Step, Mambo Step, Touch Behind, Reverse ½ Turn, Side Rock.

1 2 3 Step forward on R. Pivot ½ turn L. Step forward on R.
4 & 5 Rock forward on L. Rock back on R. Step back on L.
6 7 Touch R toe behind. Pivot ½ turn R.
8 1 Rock on L out to L side. Recover on to R.

Weave R, Side Rock R, Weave L.

2 3 4 Cross step L over R. Step R to R side. Cross step L behind R.
5 6 Rock out on R to R side. Recover on to L.
7 8 Cross step R behind L. Step L to L side.

Step Together, Heel Bounce x 2 With ¼ Turn L, Coaster Step, Walk x 2, Mambo Step ¼ Turn R.

1 2 3 Step R next to L. Bounce heels x 2 completing a ¼ turn L.

(As you lift the heels pop your knees forward).

4 & 5 Step back on L. Step R next to L. Step forward on L. *

(On wall 6 Hold from here for 3 counts, start again from the beginning of the dance, facing 12 o'clock)

6 7 Walk forward on R, L.

8 & 1 Rock forward on R. Rock back on L. Turn ¼ R stepping R to R side.

Swivel In Toe, Heel, L Sailor Step, Sway Hips R, L, R Sailor Step.

2 3 Swivel L toe in. Swivel L heel in. (Keep weight on R).
4 & 5 Cross step L behind R. Step R to R side. Step L in place.
6 7 Sway hips R, Sway hips L.
8 & 1 Cross step R behind L. Step L to L side. Step R in place.

Kick, Touch Back, Kick Ball Change, Toe Strut, Mambo Step.

2 3 Kick L forward. Touch L toe back.
4 & 5 Kick L forward. Step down on ball of L. Step R in place.
6 7 Toe strut forward on L.
8 & 1 Rock forward on R. Rock back on L. Step back on R.

Walk back x 2, Coaster Step With ¼ Turn R, Full Turn L, Shuffle.

2 3 Walk back on L, R.
4 & 5 Turn ¼ R stepping back on L. Step R next to L. Step forward on L.
6 7 Turn ½ L stepping back on R. Turn ½ L stepping forward on L.
8 & Step forward on R. Step L next to R.

(Step forward on R to complete the shuffle but this step is count 1 starting again).

NOTE: *There is a 3 count HOLD with a RESTART on wall 6 after count 21