

Mercy Me

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK) - February 2008
音樂: Mercy - Duffy : (Single)



Start dance after 64 count intro on the word 'you' when Duffy sings 'I love you..'

Sequence: 64; 48; 64; 48; 40; 64, 64 finishing on left side wall, 9 o'clock after 1st 8 counts turning ¼ R to face front and strike a pose!

(1-8) R touch, R touch, R ball step, step R fwd, L jazz box

1-2 Touch R toe to R side, touch R to next to L
&3-4 Step on ball of R, step L in place, step R forward
5-8 Step L forward, cross step R over L, step L back, step R to R side (right toes facing right diagonal)

(9-16) L cross ball step, hold, L cross ball step, R rock & recover, ¼ L turn 3 step weave

1-2 Cross step L over R & hold
&3-4 Step R to R side, cross step L over R, rock R to R side
5-6 Recover on L, cross step R behind L
7-8 Turn ¼ L step L forward, step R forward

(17-24) L fwd rock & recover, L coaster cross, R side rock & recover, R sailor step

1-2 L rock step forward, recover weight on R
3&4 Step L back, step R next to L, cross step L over R
5-6 R side rock, recover weight on L
7&8 Cross step R behind L, step L side, step R side

(25-32) L back rock & recover, ½ R hinge turn, L cross rock & recover, ¼ L step L fwd, step R fwd

1-2 L back rock step, recover weight on R
3-4 Turning ¼ R step L back, turning ¼ R step R to R side
5-6 Cross rock L over R, recover weight on L
7-8 Turn ¼ L step L forward, step R forward

(33-40) L fwd rock & recover, & ¼ pivot L, cross R over L, ½ hinge R, cross L over R

1-2 L forward rock, recover weight on R
&3-4 Step L next to R, step R forward, ¼ pivot L (weight on L foot)
5-6 Cross step R over L, turning ¼ R step L back
7-8 Turn ¼ R step R to R side, cross step L over R

(Re-start dance here DURING 5th wall, you will be facing front when you start the 40 counts and facing right side wall – 3 o'clock to finish the 40 counts. Begin dance again).

(41-48) Step R, L back rock & recover, step side L, R back rock & recover, ½ pivot L

1-2 Step R to R side, L rock back step
3-4 Recover weight on R, step L to L side
5-6 R rock back, recover weight on L
7-8 Step R forward, ½ pivot turn L (weight on L foot)

(Restart dance here DURING walls 2&4. On wall 2 you will be facing left side wall, 9 o'clock when you start the 48 counts and facing back wall, 6 o'clock when you finish the 48 counts. Begin dance again. On wall 4 you will be facing right side wall, 3 o'clock when you start the 48 counts and facing front wall, 12 o'clock when you finish the 48 counts. Begin dance again). This takes you into Wall 5 40 counts, see above.

(49-56) R syncopated jazz, step side R, L back rock & recover, ball cross, turn ¼ L

1-2 Cross step R over L, step L back
&3-4 Step R back, cross step L over R, step R to R side
5-6 L rock back, recover weight on R
&7-8 Step L to L side, ball cross R over L, turn $\frac{1}{4}$ L stepping L foot forward

(57-64) $\frac{1}{2}$ pivot L, $\frac{1}{4}$ pivot L, R jazz box

1-2 Step R forward, $\frac{1}{2}$ pivot L
3-4 Step R forward, $\frac{1}{4}$ pivot L
5-8 Cross step R over L, step L back, step R to R side, step L either together or forward

Note from me: The 48 count re-starts take you to the next wall to begin, in other words they do not break the counter-clockwise direction of the dance but please note that the 40 count re-start starts on the front wall and takes you back to your right side wall, 3 o'clock to re-start again.
