

Marching To Mars

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Sally Cox - August 2008
音樂: Marching to Mars - Sammy Hagar : (CD: Marching to Mars)



Try it to any song with a similar rhythm.

Dance starts on the vocals:

Note: Dance it with march steps or dance it smoothly...your choice.

WALK- R,L, TRIPLE FORWARD, WALK- L,R, KICK, BALL, BACK TOUCH

1, 2 Step R forward, Step L forward
3&4 Triple step forward - R, L, R
5, 6 Step L forward, Step R forward
7&8 Low kick L forward, Step ball of L next to R, Touch R toe back

ZIG-ZAGS MOVING BACKWARDS ON DIAGONALS

1, 2 Step R back on right diagonal, Touch L toe beside R
3&4 Triple step back on left diagonal - L, R, L
5, 6 Step R back on right diagonal, Touch L toe beside R
7, 8 Step L back on left diagonal, Touch R toe beside L

SYNCOPATED FORWARD & SIDE TOE TOUCHES , ¼ TURN LEFT- ENDING WITH L HITCH

1& T ouch R toe forward, Step R beside L
2& T ouch L toe forward, Step L beside R
3& Touch R toe to right, Step R beside L
4& Touch L toe to left, Step L beside R
5& Touch R toe forward, Step R beside L
6& Touch L toe forward, Step L beside R
7, 8 Step R forward - turning ¼ left, Hitch left knee, keeping weight on R

LEFT COASTER STEP, WALK- R,L, TRIPLE FORWARD, L TOUCH BEHIND, UNWIND ½ L

1&2 L step back on ball of foot, R step ball of foot next to L, L step forward
3, 4 R step forward, L step forward
5&6 Triple step forward - R, L, R
7, 8 Touch L behind R, Unwind ½ turn left (Finish with weight on L)

START AGAIN
