

Mayhem

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK) - September 2010
音樂: Mayhem - Imelda May : (Album: Wild Target)



Please note: The whole dance is danced as single counts with the exception of '&7' in Section 5.
48 count intro – start on vocals

Section 1

R forward rocking chair, vine ¼ R, hold

- 1-2 Rock forward onto right, recover weight back onto left,
- 3-4 Rock back onto right, recover weight forward onto left
- 5-6 Step right to right side, cross step left behind right
- 7-8 Step right ¼ right, hold for one count (3 o'clock)

Section 2

L forward mambo, ½ L, hold, ½ L, hold, ½ L, hold

- 1-2 Rock forward onto left, recover weight back onto right
- 3-4 Make a ½ turn left stepping left forward, hold for one count (9 o'clock)
- 5-6 Make ½ turn left stepping right back, hold for one count (3 o'clock)
- 7-8 Make a ½ turn left stepping left forward, hold for one count (9 o'clock)

Alternative for 5-6 and 7-8: Step forward right, hold, step forward left, hold

Section 3

R forward mambo, hitch L, L slow coaster, hold

- 1-2 Rock forward onto right, recover weight back onto left
- 3-4 Step right slightly back, hitch left knee
- 5-6 Step back onto left, step back onto right
- 7-8 Step left forward, hold for one count

Section 4

Prissy walk R, hold, L, hold, R forward, ¼ L, R over, ¼ R

- 1-2 Step right in front of left, hold for one count
- 3-4 Step left in front of right, hold for one count
- 5-6 Step forward onto right, pivot ¼ turn left (6 o'clock)
- 7-8 Cross step right over left, make a ¼ turn right stepping back onto left (9 o'clock)

Section 5

R sailor ¼ R, hold, point L to L side, hold, & and point R to R side, hold

- 1-2 Making a ¼ turn right stepping right behind left, step left to left side (12 o'clock)
- 3-4 Step right forward, hold for one count
- 5-6 Point left to left side, hold for one count
- &7-8 Step left next to right, point right to right side, hold for one count

XXXX RESTART HERE DURING WALL 5 XXXX

Section 6

R sailor ¼ R, hold, L forward mambo ½ L, hold

- 1-2 Making a ¼ turn right stepping right behind left, step left to left side (3 o'clock)
- 3-4 Step right forward, hold for one count
- 5-6 Rock forward onto left, recover weight back onto right
- 7-8 Make a ½ turn left stepping left forward, hold for one count

Restart – During wall 5, (she starts singing slowly), you will facing 12 o'clock – dance up to the end of section

5, then
restart the dance – you will be facing 12 o'clock.

Tag – At the end of wall 6 – facing 9 o'clock – add 16 counts as follows:

R forward mambo, hold, L back mambo, hold, R side mambo, hold, L side mambo, hold

Wall 6 starts as the instrumental section – do the whole dance, then add the tag – still instrumental section – dance will restart with vocals.

TAG AND RESTART ARE OBVIOUS AND EASY – I PROMISE!

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