

Hello Mary Lou

COPPER **NOB**
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Marie Sørensen (TUR) - February 2011
音樂: Hello Mary Lou - Ricky Nelson



Intro: 12 Counts

Chasse Right, Back Rock, Recover, Shuffle ¼ turn Left, Step Fwd. Tap

1&2 Step Right to Right side, Step Left, Beside Right, Step Right to Right side
3-4 Back Rock Left, Recover
5&6 ¼ turn Left, Step Fwd. Left, Step Right beside Left, Step Fwd. Left
7-8 Step Fwd. Right, Tap Left behind Right (Facing 9 O` Clock)

Lock Step Back Left, Coaster Step, Lock Step Fwd. Left, Step Fwd. Tap Left

1&2 Step Back Left, Lock Right in front of Left, Step Back left
3&4 Step back Right, Step Left beside Right, Step Fwd. Right
5&6 Step Fwd. Left, Lock Right behind Left, Step Fwd. Left
7-8 Step Fwd. Right, Tap Left behind Right (Facing 9 O` Clock)

Lock Step Back Left, ½ turn Shuffle Back Right. Fwd. Rock, Recover ¼ turn, Step, Point

1&2 Step Back Left, Lock Right in front of Left, Step Back left
3&4 ¼ turn Right, Step Right to Right side, step Left beside Right, ¼ turn Right, Step Fwd. Right
5&6 Rock Fwd. Left, Recover, ¼ turn Left, Step Left to Left side (Facing 12 O` Clock)
7-8 Step Fwd. Right, Point Left to Left side (Facing 12 O` Clock)

Diagonal Shuffle, Left, Right, Step ¼ turn Right, Cross Shuffle

1&2 Cross Left in front of Right, Step Right behind Left, Step Diagonal fwd. Left (Facing 1.30 O` Clock)
3&4 Cross Right in front of Left, Step Left behind Right, Step Diagonal fwd. Right (Facing 11.30 O` Clock)
5-6 Step Fwd. Left, make ¼ turn Right (Weight on Right) (Facing 3 O` Clock)
7&8 Cross Left in front of Right, Step Right to Right side, Cross Left in front of Right

NOTE:

This dance is specially Choreographed for Mary Lou Crowe from Ohio – Mary Lou is an aging Senior, but she`s still very active, she teach and dance several times every week Her Motto is:

WE DON'T STOP DANCING WHEN WE GROW OLD

WE GROW OLD WHEN WE STOP DANCING

Have Fun!

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