

# La Mer

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: The Highlander (UK) - June 2013  
音樂: La mer - Charles Trenet



## 8 count intro – Start on the word “Mer”

### Cross Rock & Side, ¼ ¼ Left, Cross Rock, & Cross & Behind, ¼ right.

- 1-2      Cross Rock R over left, recover onto L
- &3      Step R to right side, Cross L over right
- 4&      Turn ¼ left stepping back on R, Turn ¼ left stepping L to left side. (6:00)
- 5-6      Cross Rock R over left, Recover onto L
- &7      Step R to right side, Cross L over right
- &8&      Step R to right side, step L behind right, turn ¼ right stepping R forward (9:00)

### Left Forward Mambo, Right Back Mambo, Step Turn step, Triple Full Turn Left

- 1&2      Rock forward on L, Recover onto R, Step back on L,
- 3&4      Rock back on R, Recover onto L, Step forward onto R
- 5&6      Step forward on L, Pivot ½ turn right, Step forward onto L (3:00)
- 7&8      Travelling forward a triple full turn left stepping R,L,R.

### (Easier alternative, Shuffle Forward R,L,R)

### & Step, Full Spiral Turn Right, Triple Full Turn Right, Forward Mambo ¼ left, Cross ¼ ¼ right Cross.

- &1      Step L next to right, Step forward onto R
  - 2      Step forward onto L making a full spiral turn right keeping weight on left foot
  - 3&4      travelling forward Triple full turn right, stepping R,L,R (3:00)
- (Easier alternative for counts 2,3&4 - Turn ½ right, stepping back onto L, Shuffle ½ turn right, stepping R,L,R),
- 5&6      Rock forward onto L, Recover onto R, turn ¼ left stepping L to left side, (12:00)
  - 7&      Cross R over left, Turn ¼ right stepping back onto L,
  - 8&      Turn ¼ right stepping R to right side, Cross L over right. (6:00)

### Side Rock, Cross Side Rock Cross Side, Side Rock, Sailor Full Turn

- 1-2      Rock R to right side, Recover onto L,
- &3&      Cross R over left(angling body to left),Rock L to left side, Recover onto R angling body to right,
- 4&      Cross L over right, Step R small step to right side,
- 5 -6      Rock L to left side, Recover onto R,
- 7&8      Sailor full turn left, stepping L,R,L.

### Sweep Cross, Back Side Cross Sweep Cross, Side Rock, Behind, Side, Cross Rock, ¼ Left

- 1-2      Sweep R round crossing R in front of left, Step back onto L
- &3-4      Step R to right side, Cross L over right, Sweep L round and step R over left
- 5&      Rock L to left side, Recover onto R
- 6&      Step L behind right, Step R to right side,
- 7&8      Cross rock L over right, Recover onto R, Turn ¼ left stepping onto L (3:00)

### Paddle ¼ left, Paddle ¼ left, Cross Back Side, Step Turn Step, 1/2 1/4 Together Side

- 1&      Touch R toe forward and paddle ¼ turn left,(weight on L) (12:00)
- 2&      Touch R toe forward and paddle ¼ turn left, (Weight on L)(9:00)
- 3&4      Cross R over left, Step Back onto L, Step R to right side,
- 5&6      Step forward onto L, Pivot ½ turn right, Step forward onto L, (3:00)
- 7&      Turn ½ left stepping back onto R, Turn ¼ left stepping L to left side,

8& Step R next to left,, Step L to left side. (6:00)

For a shorter version (24 count), dance only the first 3 sections, replacing the final cross step in section 3 with a step next to right foot, and restarting from section 1.

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