

Mi Mi Mi

拍數: 64 牆數: 4 級數: Improver
編舞者: Lars Kuif (NL) - July 2013
音樂: Mi Mi Mi - SEREBRO



Info: 124 Bpm, start after 36 counts

[1 – 8] Touch R Back, Unwind ½ Turn R, Side Rock L, Behind Side Cross, Chassé

1 – 2 Touch R back, unwind ½ turn R
3 – 4 Rock L to side, recover to R
5 & 6 Step L behind R, step R to side, step L across R
7 – 8 Step R to side, step L next to R, step R to side

[9 – 16] L Rock Behind, Recover, ¾ Turn R, L Shuffle fwd., ¼ Monterrey Turn R

1 – 2 Rock back on L, recover to R
3 – 4 ¼ turn R stepping back on L, ½ turn R stepping fwd. on R
5 & 6 Step L fwd., step R next to L, step L fwd.
7&8 Point R to side, ¼ turn R stepping R next to L, point L to side

[17 - 24] L Point Fwd., L Point To Side, Cross, Side Rock Recover, Jazz Box R

1 – 2 L point fwd., L point to side
3&4 Step L across R, rock R to side, recover to L
5 – 8 Jazz box stepping R across L, L back, R to side, L across R

[25 – 32] R Side, Together, Back, L Rock Back, Walk L Fwd. R, Kick-Ball-Point

1 & 2 Step R to side, step L next to R, step R back
3 – 4 Rock L back, recover to R
5 – 6 Step L fwd., step R fwd.
7&8 Kick L fwd., step L next to R, point R to side

[33-40] Heel Grind R, L Side, Heel-Side-Heel, Step L Back, R Side, L Cross Shuffle

1 – 2 Dig R heel across L, step L to side,
3&4 step R on heel across L, step L to side, step R on heel across L
5 – 6 Step L back, step R to side
7 & 8 Step L across R, step R to side, step L across R

[41-48] Hinge ¼ Turn L, Cross-Side-Rock, Out-Out-In-In

1 – 2 ¼ turn L stepping back on R, step L to side
3 & 4 Step R across L, rock L to side, recover to R
5 – 8 Step L+R fwd. and out, Step L+R back and in

[49-56] Step L Fwd., ½ Turn R, ¼ Shuffle Turn R, Behind-Side-Cross, ¼ Turn R, Step L Back, Touch

1 – 2 Step L fwd., ½ turn R (weight on R)
3&4 ¼ Turn R stepping L to side, step R next to L, step L to side
5& 6 Step R behind L, step L to side, Step R across L
7 – 8 ¼ turn R stepping back on L, touch R next to L

[57-64] R Shuffle Fwd., Knee Pop L+R, Kick-Ball-Point R+L

1 & 2 Step R fwd., step L next to R, step R fwd.
3& Touch L next to R, pushing knee across R, step L slightly fwd.
4 Touch R next to L, pushing knee across L
5& 6 Kick R fwd., step R next to L, point L to side

7 & 8 Kick L fwd., step L next to R, point R to side

Begin again and have fun!

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