

Mr Mr

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jaszmine Tan (MY) - April 2014
音樂: Mr.Mr. - Girls' Generation



Intro : 16 counts start on "Let's go"

SEC 1: WALK FORWARD R, L, TOUCH R & L, 1/4 L TURN, HITCH L, STEP L,R,L

1 - 2 Walk forward R, L (L hand across in front , R hand over L)
3 & 4 Touch R to R, recover, touch L to L (R hand to R side, L hand to L side)
5 - 6 1/4 turn L, hitch L (9)
7 & 8 Step down on L, step R next to L, step L to L

SEC 2: KNEE POP R, L, HEEL SWIVEL, CROSS ROCK

1 & 2 & Pop R knee inward, Pop L knee inward
3 & 4 Swivel both R & L heel outward , inward , outward
5 & 6 Cross rock R over L, recover, step R to R
7 & 8 Cross rock L over R, recover, step L to L

SEC 3: PIVOT 1/2 L, LOCK STEP FORWARD R & L, ROCK RECOVER 1/4 R TURN

1 - 2 Step R forward , 1/2 turn L by stepping on L (3)
3 & 4 Step R diagonally forward, L behind R, step R forward
5 & 6 Step L diagonally forward, R behind L, step L forward
7 & 8 Rock R forward, recover, 1/4 turn R by stepping R to R (6)

SEC 4: SHOULDER POP L,R,L,R,L, SHOULDER POP R,L,R,L,R

1 - 2 Shoulder pop L, R
& 3 - 4 Shoulder pop L, R, L
5 - 6 Shoulder pop R, L
& 7 - 8 Shoulder pop R, L, R

SEC 5: UNWIND 3/4 TURN L, KNEE POP , KICK BALL CHANGE TWICE

1 - 2 Touch L behind R, unwind 3/4 turn L (9)
3 - 4 Pop both knee forward
5 & 6 Kick R forward on ball step on L
7 & 8 Kick R forward on ball step on L

SEC 6: PIVOT 1/2 L FORWARD, L ROCK FORWARD, RECOVER, R COASTER, HOOK L BEHIND R

1 & 2 Step R forward 1/2 turn L, on ball of L, step R forward (3)
3 & 4 Rock L forward, recover , step L back
5 & 6 Step back on R, step L next to R, step R forward
7 - 8 Hook L behind R, step down on L

SEC 7: WALK BACK R, L, HEEL SWICTH, SWIVEL HEEL TO R, 1/4 L, L COASTER

1 - 2 Walk back R, step L next to R
3 & 4 & Touch R heel forward, recover, touch L heel forward, recover
5 & 6 Swivel both heels to R, center , 1/4 turn L (12)
7 & 8 Step L backward, step R next to L, step L forward

SEC 8: STEP OUT, OUT, IN, IN , 1/4 R JAZZ BOX

1 - 2 Step R out, step L out
3 - 4 Step R in , step L in

5 – 8 Cross R over L, step L back , step R to 1/4 turn R, step L forward (3)

Restart - WALL 3 – Dance up to 16 count (Sec 2) Restart (facing 3 o'clock)

Tag1: END of WALL 5 - Hold / Post for 8 count, Restart (facing 9 o'clock)

Tag2: END of WALL 6 – add 4 count Jazz Box (facing 12 o'clock)

******* HAPPY DANCING ! *******

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