Merrilyn

拍数: 64

级数: Improver

编舞者: Shanthie De Mel (AUS) - July 2025

音乐: Hello Mary Lou - Ricky Nelson

Intro: 24 Counts. Begin on vocals. No Tags. No Restarts. Wall rotation left. NOTE: 102 BPM.

Each section is repeated. Foxtrot rhythm throughout. Slow-Slow-Quick-Quick-Slow. To finish facing the front on last wall (7th. Rotation), dance count 32 turning1/2 right to 12:00. Do your own styling.

[1-8] FORWARD. HOLD. FORWARD. HOLD. SIDE. TOGETHER. BACK. HOLD.

- 1.2 Step L forward. Hold.
- 3.4 Step R forward. Hold.
- 5.6 Step L to left side. Step R together.
- Step L back. Hold. (12:00) 7.8

[9-16] FORWARD. HOLD. FORWARD. HOLD. SIDE. TOGETHER. BACK. HOLD.

- 1.2 Step R forward. Hold.
- 3.4 Step L forward. Hold.
- 5.6 Step R to right side. Step L together.
- Step R back. Hold. (12:00) 7.8

[17-24] SIDE. HOLD. TOGETHER. HOLD. SIDE. TOGETHER. SIDE. FLICK.

- 1.2 Step L to left side. Hold.
- 3.4 Step R together. Hold.
- 5.6 Step L to left side. Step R together.
- 7.8 Step L to left side. Flick R. (12:00)

[25-32] SIDE. HOLD. TOGETHER. HOLD. TURN ¼ RIGHT FWD. SIDE. TOGETHER. SIDE. FLICK.

- 1.2 Step R to right side. Hold.
- 3.4 Step L together. Hold.
- 5.6 Step R to right side. Step L together.
- 7.8 Turning ¼ step R to right side. Flick L. (3:00)

[33-40] FORWARD. HOLD. LOCK. HOLD. FORWARD. LOCK. FORWARD. LIFT.

- 1.2 Step L forward. Hold. (3:00)
- 3.4 Lock R to L. Hold.
- 5.6 Step L forward. Lock R to L.
- Step L forward. Lift R forward. (3:00) 7.8

[41-48] BACK. HOLD. LOCK. HOLD. BACK. LOCK. BACK. HOLD.

- 1.2 Step R back. Hold.
- 3.4 Lock L to R. Hold.
- 5.6 Step R back. Lock L to R.
- 7.8 Step R back. Hold. (3:00)

[49-56] FORWARD. HOLD. TURN 1/4 RIGHT. HOLD. COASTER. HOLD.

- 1.2 Step L forward. Hold.
- 3.4 Turn 1/4 right on R. Hold. (6:00)
- 5.6 Step L back. Step R together.
- Step L forward. Hold. (6:00) 7.8





墙数:4

[57-64] TURN ¼ RIGHT FORWARD. HOLD. SIDE. HOLD. COASTER. HOLD.

- 1.2 Turning ¼ right step R forward. Hold. (9:00)
- 3. 4 Step L to left side. Hold.
- 5. 6 Step R back. Step L together.
- 7.8 Step R forward. Hold. (9:00)

Enjoy the dance!