

拍数: 64 墙数: 4 级数: Intermediate

编舞者: Sheila Walmsley (UK) - February 2008 音乐: Mercy - Duffy : (Album: Rockferry L - 3:39)



#### Start on main vocals.

## Out, Out Hold.R knee in Hold,2 knee rolls R. (2 Counts)

&1,2 Quickly step R out to right side. L to Left side Hold

3,4,-5,6,-7,8 Turn R knee in, Hold. Circle R knee 2 times to R.2 beats per knee.

# Make 1/4 turn R shuffle forward, step forward left, 3/4 turn R, Left shuffle forward.rock recover

1&2 Right shuffle 1/4 turn.R

3,4 Step forward on Left, ¾ turn R. Step down on right.

5&6 left shuffle forward.

7,8 Rock forward right, recover left.

## Step right touch, step left touch. Out, out in cross, unwind 1/2turn Right

1,2,-3,4 Step right touch left beside right. Step left touch right beside left.&5&6 Step R to right side. Step left to left side. Step right next to left.

7,8 Cross left over right, unwind ½ turn Right (2 beats) \*\*

## Right & Left shuffles forward, Rock forward recover step back drag.

Step forward right. Step left to right .Step forward Right
Step forward left. Step right to left. Step forward Left

5,6 Rock forward on right. Recover on Left

7,8 Step a long step back on Right, drag left back. W/R

# Left & Right Sailor Steps, Behind & Heel, & Cross & Heel

1&2 Cross left behind right. step right side. step left side
3&4 Cross right behind left. Step left side. Step right side
5&6 Step left behind right. Step right side. Tap left heel forward

&7&8 Step left beside right. Cross right over left. Step left side. Tap right heel forward.

#### (&) Cross Hold. Crossing shuffle. Side Rock. Behind Turn Touch

&1,2 Step right in place. Cross left over right, Hold

&3&4 Step right side. Cross left over right. Step right side. Cross left over right.

5,6. Rock right to right side. Recover left

7&8 Step right behind left. 1/4turn left on left. Touch right in place.\*\*

## Cross Rock Recover chasse. Cross Rock Chasse

1,2 Cross right over left. Rock back on left

3&4 Step right to right side. Step left beside right. Step right to right side.

5. 6 Cross left over right. Rock back on right.

7&8 Step left to left side. Step right beside left. Step left to left side.

### Hip Walks. Rocking Chair Steps

1&2 Step forward on right bumping hips forward & back.3&4 Step forward on left bumping hips forward & back.

5,6 -,7,8 Rock forward right. Recover left. Rock back right. Recover left.

#### **RESTARTS:**

\*\* DURING 2nd wall facing back wall

\*\* DURING 5th wall facing back wall

Finish on knee rolls facing front.