

Hammercy

拍數: 32 牆數: 4 級數: Improver
編舞者: Magali Bérenger (FR) - March 2016
音樂: Southern Belle - Scotty McCreery



Intro 16 counts after the 1st drum beat - CCW

SECTION 1 : R Scissor step, Mambo 1/4 turn left, back R,L, Long R step back, close on L

1 & 2 RF on right side, LF next to RF, cross RF over LF
3 & 4 1/4 turn left with LF fwd (9:00), recover on RF, LF back
5 - 6 Walk Back on RF, walk back on LF
7 - 8 Long step back with RF, Close (with body weight on LF)

RESTART HERE ON WALL 2

SECTION 2 : Syncopated Rock steps fwd & back, Long step diag. fwd right, heel bounces

1 & 2 Rock step fwd on RF, recover on LF, RF next to LF
3 & 4 Rock step back on LF, recover on RF, LF next to RF
5 - 6 Long step on RF in fwd diagonal, drag LF next to RF
& 7 & 8 Heel bounces x 2 (you can add a body roll if you feel it !)

SECTION 3 : Modified L rumba box, L step fwd, 1/2 pivot turn right, back shuffle with 1/2 turn right

1 & 2 LF on left side, RF next LF, LF fwd
3 & 4 RF on right side, LF next RF, RF fwd
5 - 6 LF fwd, pivot 1/2 turn right on RF
7 & 8 1/2 turn on right with LF back, RF next LF, LF back

RESTART HERE ON WALL 4

SECTION 4 : Back R, L, 2 hips roll with weight on LF, step R fwd, LF next RF, heel bounces

1 - 2 RF back, LF back
3 - 4 2 hips roll on left hip with weight on LF

RESTART HERE ON WALL 7

5 - 6 RF fwd, LF next to RF
& 7 & 8 Heel bounces x 2 (you can add a body roll if you feel it !)

- The Restarts occur every time Scotty sings : "Ain't nothin' ring like a southern belle"
- Title Hammercy is for « have mercy »
- Enjoy the cheerleaders awesome performance on the video clip, but don't try it yourself ! ;-)

I hope you'll enjoy this less dangerous choreography !

La version originale en français de la fiche de pas est dispo sur le site : <http://countryagogo.free.fr/>

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