

Mari-Mac

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Sue Demitropoulos (CAN) - March 2017
音樂: Mari-Mac - Great Big Sea : (Album: Up, XX or Rant and Roar)



Start: 16 counts, on lyrics

[1-8] Heel forward-side, R coaster, L cross-side, L 1/4 turn sailor

1-2 Touch right heel forward, touch right heel to right side
3&4 Step right back, step left beside right, step right forward
5-6 Cross left over right, step right to right side
7&8 Cross left behind right, 1/4 turn left stepping right to side, step left forward (9:00)

[9-16] 1/2 pivot L, R shuffle, full shuffle turn

1-2 Step right forward, 1/2 turn left
3&4 Step right forward, step left next to right, step right forward
5&6 1/2 turn right stepping left back, right next to left, left back
7&8 1/2 turn right stepping right forward, left next to right, right forward (3:00)

Easier option: Instead of full shuffle turn, shuffle forward L-R-L (5&6), R-L-R (7&8)

[17-24] 1/4 pivot R, L crossing shuffle, toe switches R-L, R kick-ball-point

1-2 Step left forward, 1/4 turn right
3&4 Cross left over right, step right to side, cross left over right
5&6& Point right toe to right side, step right next to left, Point left toe to left side, step left next to right
7&8 Kick right forward, step right next to left, point left toe to left side (6:00)

[25-32] L kick-ball-point, R crossing shuffle, 1/2 hinge turn R, L rock-recover-rock

1&2 Kick left forward, step left next to right, point right toe to right side
3&4 Cross right over left, step left to side, cross right over left
5-6 1/4 turn right stepping left back, 1/4 turn right stepping right side
7&8 Rock left forward, recover to right, rock left forward (12:00)

[33-40] R jazz box cross, R rolling turn ending in a shuffle

1-2-3-4 Cross right over left, step left back, step right to side, cross left over right
5-6-7&8 1/4 turn right stepping right forward, 1/2 turn right stepping left back, 1/2 turn right stepping right forward, left next to right, right forward (3:00)

Easier option: Instead of the rolling turn, step R side (5), cross L behind R (6), 1/4 shuffle turn R (7&8)

[41-44] L kick fwd-side, L sailor

1-2 Kick left forward, kick left to left side
3&4 Cross left behind right, step right to right side, step left to left side (3:00)

Note: Music speeds up on wall 5, just keep going.

Optional Ending: Dance ends after wall 7, facing 9:00; you can cross right over left and do a 3/4 unwind to the front, then hit the end beats with arms to end in a pose.

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