Mare

拍數: 32	牆數: 2	級數: Novice - Funky
編舞者: Daniel Trepat (NL) & Pim van Grootel (NL) - November 2009		
音樂: Mare - Black Eyed Peas		

Intro: 32 counts

Out, out, jump, hitch, 4x walks
1	RF Step to the right side
2	LF Step slightly out
3	Jump together
4	RF Hitch
5	RF Walk forward
6	LF Walk forward
7	RF Walk forward
8	LF Walk forward

¼ turn R, together, 2x chest pop, ¼ turn L, together, 2x chest pop
1	RF ¼ turn right stepping forward
2	LF Step next to RF
3	Pop chest forward
4	Pop chest forward
5	LF ¼ turn left stepping to left side
6	RF Step next to LF
7	Pop chest forward
8	Pop chest forward

Out, out, in, in, full drag turn L, jump, sway knees L & R
1	RF Step diagonal right forward
2	LF Step diagonal left out
3	RF Step back in place
4	LF Step next to RF
5	LF Full turn left, while dragging right toes over the floor
6	Jump out
7	Lift heels from the ground and push your knees into left diagonal
&	Heels down
8	Lift heels from the ground and push your knees into right diagonal
&	Heels down

Circle hip roll, circle body roll, 2x jump, ½ turn L
1	Start turning the hip counter clockwise
(left side first)	
2	Finish circle hip roll
3	Start turning the body counter clockwise (left side first)
4	Finish circle body roll
5	Jump both feet out
6	Jump RF over LF
7	Start making a ½ turn left
8	Finish ½ turn left (weights ends on LF)

Tag after wall 7
Chest pops forward or shake the body for 4 counts!!!

Then start the dance again.

Have Fun and Go Mad