Mare



拍數: 32 編數: 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

6 LF Walk forward 7 RF Walk forward 8 LF Walk forward

1/4 turn R, together, 2x chest pop, 1/4 turn L, together, 2x chest pop

1 RF ¼ turn right stepping forward

LF Step next to RFPop chest forwardPop chest forward

5 LF 1/4 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)

Finish circle body roll
Jump both feet out
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