Mermaid

級數: Improver

編舞者: Linda Yanders (USA)

音樂: Mermaid in the Night - Jimmy Buffett

RONDE' RIGHT, CHA, CHA, CHA

拍數: 32

- 1-2 Ronde' with the right foot (make a circular movement with a straight knee from 12:00 to 3:00 keeping the toe in contact with the floor executing a smooth movement)
- 3&4 Cha, cha, cha in place (right-left-right)

RONDE' LEFT, CHA, CHA, CHA

- 5-6 Ronde' with the left foot (make a circular movement with a straight knee from 12:00 to 9:00 keeping the toe in contact with the floor executing a smooth movement)
- 7&8 Cha, cha, cha in place (left-right-left)

1/4 TURN RIGHT, STEP SLIDE, CHA, CHA, CHA

- 1-2 Turn ¹/₄ to the right and execute a step slide (slow and slinky)
- 3&4 Remaining ¼ to right cha, cha, cha step right-left-right (slightly traveling toward 3:00)

1/2 TURN LEFT, STEP SLIDE, CHA, CHA, CHA

- 1-2 Turn ¹/₂ to the left and execute a step slide (slow and slinky facing 9:00)
- 3&4 Remaining ¹/₂ to left cha, cha, cha, step left-right-left (slightly traveling toward 9:00)

STEP SLIDE FORWARD, 1/2 TURNING RIGHT CHA, CHA, CHA

- 1-2 Step forward (12:00) with a long stride forward with the right foot, drag the left foot to meet the right
- 3&4 Begin the turning cha-cha to the right stepping ¼ right on the right foot, step quickly on the left ¼ right, completing the turn with a step on the right facing a new direction (6:00)

STEP SLIDE FORWARD, ½ TURNING LEFT CHA, CHA, CHA

- 1-2 Step forward (6:00) with a long stride forward with the left foot, drag the right foot to meet the left
- 3&4 Begin the turning cha-cha, to the left stepping ¼ left on the left foot step quickly on the right ¼ left, completing the turn with a step on the left facing a new direction (12:00)

DIAGONAL BROADWAY KICKS

- 1-2 Kick the right foot diagonally right, step right foot slightly back of left
- 3-4 Kick the left foot diagonally left, step left foot slightly back of right

MONTEREY TURN (1/2 TURN)

- 5 Touch right toe out to right side
- 6 On ball of left, turning ½ turn right (9:00),slide step right beside left
- 7 Touch left toe out to left side
- 8 Touch left beside right

REPEAT





牆數:2