

La Mer

Count: 48

Wall: 4

Level: Intermediate

Choreographer: William Sevone (UK) - June 2013

Music: La Mer - Chantal Chamberland : (Album: The Other Woman)



Choreographers note:- It is important to read the notes for tips and essential styling. And like those old musicals

starring Ginger Rogers and Fred Astaire - approach the dance in a relaxed, almost care-free way.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on Count 16 of the intro (with the word 'La...').

Side-Together. Cross. Back. 5x Side Step/Sways with 'Tah Dah' Hands (12:00)

&1 with a little hop – step right to right side, step left next to right..

2 – 3 Cross right over left. Step backward onto left.

4 Step right to right side (dipping right shoulder)

5 – 6 Sway onto left (dipping left shoulder). Sway onto right (dipping right shoulder)

7 – 8 Sway onto left (dipping left shoulder). Sway onto right (dipping right shoulder)

Hands: Counts 4 to 8 – raise hands (elbows tucked in - palms out) to face height – move from side to side (a'la 'Tah Dah')

Add a little 'Bounce' to the sways.

1/4 Side Kick. Moving Sideward 3x Cross Behind-Together-Side Kick. Cross Behind (3:00)

9 – 10 Turn ¼ right & flick kick left to left side. Cross left behind right.

&11 – 12 Step right next to left, flick kick left to left side. Cross left behind right.

&13 – 14 Step right next to left, flick kick left to left side. Cross left behind right.

&15 – 16 Step right next to left, flick kick left to left side. Cross left behind right

Arms & Head:

9,&11,&13,&15 Left arm out to left and Head turned left.

10,12,14,16 swing left arm across front of body and Head forward.

1/4 Together. 4x Jazzy Toe Struts (12:00)

&17 – 18 with a little hop – Turn ¼ left & step right next to left, step forward onto left toe (toe facing 10.30). Drop left heel.

19 – 20 Step forward onto right foot (toe pointing 1.30). Drop right heel.

21 – 22 Step forward onto left toe (toe facing 10.30). Drop left heel.

23 – 24 Step forward onto right foot (toe pointing 1.30). Drop right heel.

Dance Note: 17-24 are forward steps – only the toes point diagonally

Arms: 17-18, 21-22 Swing left arm forward-click fingers. 19-20, 23-24 Swing right arm forward – click fingers.

4x Touch Out-Drag Together (12:00)

&25 – 26 Touch left toe to left side and drag left next to right over two counts – place weight on left.

&27 – 28 Touch right toe to right side and drag right next to left over two counts – place weight on right.

&29 – 30 Touch left toe to left side and drag left next to right over two counts – place weight on left.

&31 – 32 Touch right toe to right side and drag right next to left over two counts – place weight on right.

Arms: &25-26, &29-30 Left arm out – bring in with drag. &27-28, &31-32 Right arm out – bring in with drag

Touch Out-Together-Touch Back. 3x Scuff-Forward (12:00)

&33 – 34 Touch left toe to left side, step left next to right. Touch right toe backward.

35 – 36 Scuff right forward. Step forward onto right.

37 – 38 Scuff left forward. Step forward onto left.

39 – 40 Scuff right forward. Step forward onto right.

Press-Recover. 3x Moving Backward Touch Out-Diagonal Cross Behind. 1/4 Turn (foot off floor) (3:00)

&41 – 42 Press forward onto left, recover onto right. Touch left toe to left side
43 – 44 Step left diagonally back right. Touch right toe to right side.
45 – 46 Step right diagonally back left. Touch left to left side.
47 – 48 Step left diagonally back right. with right foot off floor – turn ¼ right (prepare for &1)

Arms: Swing both arms to same side as 'toe touch' & click fingers.

DANCE FINISH: Wall 9 Dance up to Count 32 (facing 'Home') then..

1 – 2 Step/Sway right to right side. Hold
3 – 4 Sway left to left side. Hold
5 – 8 Repeat 1 to 4

Hands: Counts 1 to 8 – raise hands (elbows tucked in - palms out) to face height – move from side to side (a'la 'Tah Dah')

Add a little 'Bounce' to the sways.
