

# La Mer

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**Count:** 48      **Wall:** 2      **Level:** Intermediate

**Choreographer:** The Highlander. (June 2013)

**Music:** La Mer by Charles Trenet.

## 8 count intro - Start on the word "Mer"

### Cross Rock & Side, $\frac{1}{4}$ $\frac{1}{4}$ Left, Cross Rock, & Cross & Behind, $\frac{1}{4}$ right.

- 1-2      Cross Rock R over left, recover onto L
- &3      Step R to right side, Cross L over right
- 4&      Turn  $\frac{1}{4}$  left stepping back on R, Turn  $\frac{1}{4}$  left stepping L to left side. (6:00)
- 5-6      Cross Rock R over left, Recover onto L
- &7      Step R to right side, Cross L over right
- &8&      Step R to right side, step L behind right, turn  $\frac{1}{4}$  right stepping R forward (9:00)

### Left Forward Mambo, Right Back Mambo, Step Turn step, Triple Full Turn Left

- 1&2      Rock forward on L, Recover onto R, Step back on L,
- 3&4      Rock back on R, Recover onto L, Step forward onto R
- 5&6      Step forward on L, Pivot  $\frac{1}{2}$  turn right, Step forward onto L (3:00)
- 7&8      Travelling forward a triple full turn left stepping R,L,R.

### (Easier alternative, Shuffle Forward R,L,R)

### & Step, Full Spiral Turn Right, Triple Full Turn Right, Forward Mambo $\frac{1}{4}$ left, Cross $\frac{1}{4}$ $\frac{1}{4}$ right Cross.

- &1      Step L next to right, Step forward onto R
- 2      Step forward onto L making a full spiral turn right keeping weight on left foot

### 3&4travelling forward Triple full turn right, stepping R,L,R (3:00)

### (Easier alternative for counts 2,3&4 - Turn $\frac{1}{2}$ right, stepping back onto L, Shuffle $\frac{1}{2}$ turn right, stepping R,L,R),

- 5&6      Rock forward onto L, Recover onto R, turn  $\frac{1}{4}$  left stepping L to left side, (12:00)
- 7&      Cross R over left, Turn  $\frac{1}{4}$  right stepping back onto L,

**8&** Turn  $\frac{1}{4}$  right stepping R to right side, Cross L over right. (6:00)

### **Side Rock, Cross Side Rock Cross Side, Side Rock, Sailor Full Turn**

**1-2** Rock R to right side, Recover onto L,

**&3&** Cross R over left(angling body to left),Rock L to left side, Recover onto R angling body to right,

**4&** Cross L over right, Step R small step to right side,

**5 -6** Rock L to left side, Recover onto R,

**7&8** Sailor full turn left, stepping L,R,L.

### **Sweep Cross, Back Side Cross Sweep Cross, Side Rock, Behind, Side, Cross Rock, $\frac{1}{4}$ Left**

**1-2** Sweep R round crossing R in front of left, Step back onto L

**&3-4** Step R to right side, Cross L over right, Sweep L round and step R over left

**5&** Rock L to left side, Recover onto R

**6&** Step L behind right, Step R to right side,

**7&8** Cross rock L over right, Recover onto R, Turn  $\frac{1}{4}$  left stepping onto L (3:00)

### **Paddle $\frac{1}{4}$ left, Paddle $\frac{1}{4}$ left, Cross Back Side, Step Turn Step, $\frac{1}{2}$ $\frac{1}{4}$ Together Side**

**1&** Touch R toe forward and paddle  $\frac{1}{4}$  turn left,(weight on L) (12:00)

**2&** Touch R toe forward and paddle  $\frac{1}{4}$  turn left, (Weight on L)(9:00)

**3&4** Cross R over left, Step Back onto L, Step R to right side,

**5&6** Step forward onto L, Pivot  $\frac{1}{2}$  turn right, Step forward onto L, (3:00)

**7&** Turn  $\frac{1}{2}$  left stepping back onto R, Turn  $\frac{1}{4}$  left stepping L to left side,

**8&** Step R next to left,, Step L to left side. (6:00)

**For a shorter version (24 count), dance only the first 3 sections, replacing the final cross step in section 3 with a step next to right foot, and restarting from section 1.**

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