

# La Mer

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**Count:** 48                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** William Sevone . (June 2013)

**Music:** "La Mer" - Chantal Chamberland ("The Other Woman") 120 bpm

**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)**

**&1with 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  $\frac{1}{4}$  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  $\frac{1}{4}$  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.**