

Sophisticated Mamma

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Kate Sala (UK)

Musik: Ladies Night - Kool & The Gang



WALK FORWARD, HEEL DIG, WALK BACK, BALL CROSS

- 1-2-3-4 Walk forward on right, left, right, dig left heel forward
5-6-7&8 Walk back on left, right, left, step ball of right in place, cross step left over right

SIDE, BEHIND & HEEL & CROSS, SIDE, BEHIND, ¼ TURN, HEEL & CROSS

- 1-2 Step right to right side, cross step left behind right
&3 Step right to right side, dig left heel forward to left diagonal
&4 Step left in place, cross step right over left
5-6 Step left to left side, cross step right behind left
&7 Turn ¼ right stepping back on left, dig right heel forward
&8 Step right in place, cross step left over right

ROLLING VINE RIGHT, ROLLING VINE LEFT & STEP LEFT

- 1-2-3-4 Full turn right traveling to right side on right, left, right, touch left next to right
5-6-7&8 Full turn left traveling to left side on left, right, left, step right next to left, step left to left side

CROSS ROCK & HEEL & CROSS, SIDE ROCK, CROSS SHUFFLE

- 1-2 Cross rock right over left, recover weight back on left
&3 Step right to right side and slightly back, dig left heel to left diagonal
&4 Step left in place, cross step right over left
5-6 Side rock left to left side, rock on right in place
7&8 Cross step left over right, step right to right side, cross step left over right

WALK ROUND FULL CIRCLE, ROCKING CHAIR, WALK FORWARD TWICE

- 1-2-3-4 Walk round on right, left, right, left, completing a full circle clock wise
5&6& Rock forward on right, rock left in place, rock back on right, rock left in place
7-8 Walk forward on right, left

FORWARD ROCK, SHUFFLE ½ TURN, PIVOT ½ TURN TWICE

- 1-2 Rock forward on right, rock back on left
3&4 Shuffle ½ turn right on right, left, right
5-6 Step forward on left, pivot ½ turn right
7-8 Step forward on left, pivot ½ turn right

CROSS STEP, SIDE KICK, CROSS SHUFFLE, WALK AROUND, CROSS SHUFFLE

- 1-2 Cross step left over right, side kick right to right side
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Walk round in a full circle anti to the right on left, right, (completing the full turn with the next step)
7&8 Cross step left over right, step right to right side, cross step left over right

SIDE ROCK & CROSS, SIDE ROCK & CROSS, TOUCH, TOUCH, KICK, BALL CHANGE

- 1&2 Side rock right to right side, rock left in place, cross step right over left
3&4 Side rock left out to left side, rock right in place, cross step left over right
5-6-7 Touch right out to right side, cross touch right over to left side, kick right forward
&8 Step ball of right in place, step forward on left

REPEAT

TAG

To be danced at the end of the third wall when danced to "Ladies Night"

1-2-3-4 Walk forward right, left, walk back right, left

5&6 Kick right forward, jump back feet apart on right, left

7-8 Rotate hips full circle left completing the circle with a hip bump to the left
