

Ayo Mama

拍数: 32 墙数: 4 级数: Beginner
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音乐: Ayo Mama - Andy Tielman



INTRO : Start after 8 counts.

JAZZ BOX, MAMBO FWD RIGHT, MAMBO BACK LEFT . □

1-2 Cross R over L – Step L back
3-4 Step R to side – Step L forward.
5&6 Rock R forward – Recover onto L – Sep R next to L
7&8 Rock L back – Recover onto R – Step L next to R

HIP BUMP, JAZZ BOX ¼ RIGHT, CROSS, BACK, SIDE .

1&2 Step R fwd bump hips forward – Bump hips back – Bump hips forward
3&4 Step L fwd bump hips forward – Bump hips back – Bump hips forward
5&6 Cross R over L – Turn ¼ R step L back – Step R to R side
7&8 Cross L over R – Step R back – Step L to side

SHUFFLE FWD, LEFT SIDE MAMBO, RIGHT SIDE MAMBO, COASTER STEP.

1&2 Shuffle forward R-L-R
3 &4 Rock L to side – Step R in place – Close L together
5&6 Rock R to side – Step L in place – Close R together
7 &8 Step L back - Step R together – Step L forward

SYNCOATED CROSS R, SINYCOPATED CROSS L .

1&2&3&4 Cross R over L – Step L to side – Cross R over L – Step L to side – Cross R over L – Step L to side – Cross R over L
5&6&7&8 Cross L over R – Step R to side – Cross L over R – Step R to side – Cross L over R – Step R to side – Cross L over R

REPEAT

Ending : Wall 8

JAZZ BOX TURN ¼ RIGHT

1-4 Cross R over L – Turn ¼ right step L back – Step R to side – Step L forward (12.00)

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