

So Sorry Mama

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) & Rob Fowler (ES) - November 2014
音乐: So Sorry Mama - Whitney Duncan : (Album: Footloose - Or MP3 download)



(28 Count Intro)

2 x Walks Forward, Anchor Step, 1/2 Turn, 1/4 Turn Left, Sailor Step.

1 – 2 Walk forward on Right. Walk forward on Left.
3&4 Cross rock on R behind L. Recover on to L. Small step back on R.
5 6 Turn 1/2 left stepping forward on L. Turn 1/4 left stepping R to right side.
7&8 Cross step L behind R. Step R to right side. Step L to left side. 3:00

Touch Across, Side Touch, Sailor Step, Cross Rock, Recover, Long Step Left, Drag In.

1 2 Touch R toe forward & across L. Touch R toe out to right side.
3&4 Cross step R behind L. Step L to left side. Step R to right side.
5 - 6 Cross rock on L over R. Recover on to R.
7 – 8 Take a long step on L to left side. Drag R in towards L.

Ball Cross, Step R With Pigeon Toe, Turn R Toe Out, Cross Step, Turn 1/2 Left, Point, Turn 1/4 Right.

& - 1 Step down on ball of R. Cross step L over R.
2 – 4 Step R to right side with toe turned in. Turn R toe out taking weight on R. Cross step L over R.
5 – 6 Make 1/4 turn left stepping back on right. Make 1/4 turn left stepping L to left side.
7 – 8 Point R toe out to right side. Turn 1/4 right stepping forward on R. 12:00

Shuffle Back 1/2 Turning Right, Rock Back Recover, Turn 1/2 Left, Step Back, Out, Out, Knee Pop.

1& 2 Turn 1/4 right stepping L to left side. Step R next to L. Turn 1/4 right stepping back on L.
3 – 4 Rock back on Right. Recover weight on Left.
5 – 6 Turn 1/2 left stepping back on R. Step back on L.
&7 8 Jump back stepping out on R, L. Pop R knee across L. 12:00

Turn 1/4 Right, Lock Step, Shuffle Forward, Scuff Ball Change, Forward Rock.

1 – 2 Turn 1/4 right stepping forward on R. Lock step L behind R popping R knee forward. 3:00
3& 4 Step forward on R. Step L next to R. Step forward on R.
5& 6 Scuff L forward, Step back on ball of L. Step R down in place.
7 – 8 Rock forward on L. Rock back on R.

Turn 1/2 Left x 2.Coaster Step, Scuff Across & Tap & Kick & Cross.

1 – 2 Make 1/2 turn left stepping forward on L. Make 1/2 turn left stepping back on R. 3:00
3& 4 Step back on L. Step R next to L. Step forward on L.
5&6& Scuff R across L. Step R across L. Tap L toe behind R. Step back on L.
7 & 8 Low kick R forward. Small step on R to right side. Cross step L over R.

Diagonal Rock, Recover, Weave Left, Diagonal Rock, Recover, Behind, Side, Forward.

1 – 2 Rock out on R to right diagonal. Recover on to L.
3&4 Cross R behind L. Step L to Left side. Cross Step R over L.
5 – 6 Rock out on L to left diagonal. Recover on to R..
7&8 Cross L behind R. Step R to right side.t. Step forward on Left.

Step 1/2 Turn Left x 2, Jump Forward With Out, Out, Clap, Jump Back With Out, Out, Clap.

1 – 4 Step forward on R. Pivot 1/2 turn left. Step forward on R, Pivot 1/2 turn left.
&5 – 6 Jump forward stepping out on R, L, Clap.

&7 – 8 Jump back stepping out on R, L, Clap. 3:00

Start Again

Restart 1: Dance to Count 60 of Wall 2, then Start the dance again from the Beginning (Facing 6 o'clock)

Short Cut: Dance to Count 44 of Wall 5, then leave out counts 45 – 56 and dance the last section counts 57 - 64 . Start the dance again from the beginning facing 3:00

Ending: Music finishes during Wall 7 (Facing 9 o'clock) dance up to count 48 & unwind to face front wall.
