

Go Mama Go (老媽加油) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Improver
编舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - 2009年04月
音乐: Let Your Momma Go - Ann Tayler : (CD: Let Your Momma Go)



前奏 : 32 Count intro from the Beginning

- 第一段** **Side Step Right. Together. 1/4 Turn Right. Hold. Step. Pivot 1/2 Turn Right. 1/4 Turn Right. Hold.**
右側踏, 併, 右1/4, 候, 踏, 轉1/2, 右1/4, 候
- 1-2 Step Right to Right side. Close Left beside Right.
右足右踏, 左足併踏
- 3-4 Make 1/4 turn Right stepping forward on Right. Hold.
右轉90度右足前踏, 候
- 5-6 Step forward on Left. Pivot 1/2 turn Right.
左足前踏, 右軸轉180度
- 7-8 Make 1/4 turn Right stepping Left to Left side. Hold. (Facing 12 o'clock) 右轉90度左足左踏, 候(面向12點鐘)

Note: At the END of Wall 5 (Facing 3 o'clock) ... Dance the 1st Section of the dance Only (Counts 1 – 8), Then continue with a 12 Count Tag as follows:
第五面牆(面向3點鐘)跳完第一段時, 接續跳12拍加拍後從頭起跳

- 12 Count Tag: Behind. Hold. 1/4 Turn Left. Hold. Right Jazz Box Cross with Holds. 12拍加拍 : 後, 候, 左1/4, 候, 右爵士方塊交叉帶候**
- 1-4 Cross Right behind Left. Hold. Make 1/4 turn Left stepping forward on Left. Hold. 右足於左足後交叉踏, 候, 左轉90度左足前踏, 候
- 5-8 Cross step Right over Left. Hold. Step back on Left. Hold.
右足於左足前交叉踏, 候, 左足後踏, 候
- 9-12 Step Right to Right side. Hold. Cross step Left over Right. Hold. (Facing 12 o'clock) 右足右踏, 候, 左足於右足前交叉踏, 候(面向12點鐘)

Then Restart the dance again from the Beginning (Facing 12 o'clock)
從頭起跳(面向12點鐘)

- 第二段** **Back Rock. Toe Strut Right. Back Rock. Toe Strut Left.**
後下沉, 右趾踵, 後下沉, 左趾踵
- 1-4 Rock back on Right. Rock forward on Left. Step Right toe to Right side. Drop Right heel to floor.
右足後下沉, 左足前下沉, 右足趾右點, 右足踵踏
- 5-8 Rock back on Left. Rock forward on Right. Step Left toe to Left side. Drop Left heel to floor.
左足後下沉, 右足前下沉, 左足趾左點, 左足踵踏
- 第三段** **Behind. Side. Cross. Hold. Side Rock. Recover 1/4 Turn Right. Step Forward. Hold. 後, 側, 交叉, 候, 側下沉, 右1/4回復, 前踏, 候**
- 1-4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. Hold. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏, 候
- 5-6 Rock Left to Left side. Recover weight on Right making 1/4 turn Right. 左足左下沉, 右足回復右轉90度
- 7-8 Step forward on Left. Hold. (Facing 3 o'clock)
左足前踏, 候(面向3點鐘)
- 第四段** **Diagonal Locks Step (Right & Left) with Scuff.**
斜角鎖步(右, 左)帶擦踢
- 1-2 Step Right Diagonally forward Right. Lock step Left behind Right.
右足斜角前踏, 左足於右足後鎖步
- 3-4 Step Right Diagonally forward Right. Scuff Left forward and out to Left side. 右足斜角前踏, 左足前擦踢左足轉向左
- 5-6 Step Left Diagonally forward Left. Lock step Right behind Left.
左足斜角前踏, 右足於左足後鎖步

7-8 Step Left Diagonally forward Left. Scuff Right forward and out to Right side. 左足斜角前踏, 右足前擦踢右足轉向右

第五段 Reverse Rumba Box. 反方向倫巴方塊

1-4 Step Right to Right side. Close Left beside Right. Step back on Right. Hold. 右足右踏, 左足併踏, 右足後踏, 候

5-8 Step Left to Left side. Close Right beside Left. Step forward on Left. Hold. 左足左踏, 右足併踏, 左足前踏, 候

第六段 Step. Pivot 1/2 Turn Left. Step Forward. Hold. Full Turn Right (Travelling Forward). Hold. 踏轉1/2, 前踏, 候, 右轉圈, 候

1-4 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Hold. 右足前踏, 左軸轉180度, 右足前踏, 候

5-8 Travelling Forward...Make a Full turn Right stepping Left. Right. Left. Hold. (Facing 9 o'clock)
右三步轉圈略向前移-左, 右, 左, 候(面向9點鐘)

Easier option Counts 5 – 8 above ... Left Lock Step Forward with Hold.
左足前鎖步, 候

5-8拍簡易版

第七段 Side Step Right. Toes Touches In-Out-In. Side Step Left. Toe Touches In-Out-In. 右側踏, 趾點內-外-內, 左側踏, 趾點內-外-內

1-2 Long step Right to Right side. Touch Left toe beside Right.
右足右一大步, 左足趾併點

3-4 Touch Left toe out to Left side. Touch Left toe beside Right.
左足趾左點, 左足趾併點

5-6 Long step Left to Left side. Touch Right toe beside Left.
左足左一大步, 右足趾併點

7-8 Touch Right toe out to Right side. Touch Right toe beside Left.
右足趾右點, 右足趾併點

第八段 Mambo 1/2 Turn Right. Stomp Forward. Hold for 3 Counts. 右1/2曼波, 前重踏, 候3拍

1-4 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right. Hold.
右足前下沉, 左足後下沉, 右轉180度右足前踏, 候

5-8 Stomp forward on Left; spreading hands out to each side. Hold for 3 Counts. (Facing 3 o'clock)
左足前重踏, (雙手平展)候3拍(面向3點鐘)

ENDING: The Music Ends DURING Wall 8 (Facing 3 o'clock) ... to finish Facing the Front Wall ... Dance up to Count 12 ... then Count 13: Rock back on Left. 14: Rock forward on Right. 15: Make 1/4 turn Left stepping forward on Left. 16: Hold and Pose!!!! ... It's MUCH Easier than it looks ... Trust Me!!!!

結束：第八面牆(面向3點鐘), 為結束面向前面牆, 跳至第12拍, 13-16拍改成下列舞步：左足後下沉, 右足前下沉, 左轉90度左足前踏, (擺個姿勢)候
