

Mama

拍数: 64 墙数: 1 级数:
编舞者: Javier Rodriguez Gallego (ES) - January 2016
音乐: A Song for Mama - Boyz II Men



Sequence: After first 16 counts Tag, 1st wall, 2nd wall (49 counts), Tag, 3rd wall, 4th wall (48& counts), Restart 5th wall(24& counts), Restart watching 9:00 last wall (53 counts), Tag.
Especially dedicated to Toñi, and to all mothers that existed, exist and will exist

S1: SIDE, CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, HEEL-TOUCH, LOCK SHUFFLE WITH ¼ TURN

- 1.- Step left to left side
- 2.- Cross right over left
- &.- Step left to left side
- 3.- Cross right behind left, starting sweep with left from front to back
- 4.- Cross left behind right
- &.- Step right to right side
- 5.- Cross left over right
- 6.- Touch right heel diagonally
- &.- Step right beside left
- 7.- 1/8 turn left, lock right over left (10:30)
- &.- 1/8 Turn, step right back (9:00)
- 8.- Lock right over left

S2: COASTER STEP, FULL TURN, ¼ TURN CROSS, SIDE ROCK, KICK BALL CROSS

- 1.- Step right back
- &.- Step left beside right
- 2.- Step right forward
- 3.- ½ turn right, step left back (3:00)
- &.- ½ turn right, step right forward (9:00)
- 4.- Step left forward
- &.- Step right beside left
- 5.- ¼ turn left, cross left over right (6:00)
- 6.- Rock right to right side
- 7.- Recover onto left
- 8.- Kick right diagonally forward
- &.- Step right beside left
- 1.- Cross left over right

S3: ¼ TURN PRESS, RECOVER, STEP BACK, SHUFFLE BACK, STEP BACK, COASTER STEP

- 2.- ¼ turn right, press right toe forward (9:00)
- 3.- Recover onto left
- 4.- Step right diagonally back
- 5.- Step left diagonally back
- &.- Step right beside left
- 6.- Step left diagonally back
- 7.- Step right diagonally back
- 8.- Step left back
- &.- Step right beside left
- 1.- Step left forward

S4: ¼ TURN, SIDE, BEHIND, TOUCH, CROSS, TOUCH, STEP, SPIRAL TURN, SAILOR STEP

- 2.- ¼ turn left, step right to right side (6:00)
- &.- Step left behind right
- 3.- Touch right point to right side
- 4.- Cross right over left
- 5.- Touch left point to left side
- 6.- Step left forward
- 7.- Right Spiral turn, starting sweep right from front to back (6:00)
- 8.- Step right behind left
- &.- Step left to left side
- 1.- Step right to right side

S5: CROSS, ROCK STEP, CROSS, ¼ TURN STEP, STEP, LOCK, STEP, STEP, LOCK, STEP, ROCK STEP

- 2.- Cross left over right
- &.- Rock side on right
- 3.- Recover onto left
- 4.- Cross right over left
- &.- ¼ turn right, step left back (9:00)
- 5.- Step right back
- 6.- Lock left over right
- &.- Step right back
- 7.- Step left back
- 8.- Lock right over left
- &.- Step left back
- 1.- Rock back on right

S6: WALK, SHUFFLE, ROCK STEP WITH ¼ TURN, CROSS, MAMBO

- 2.- Recover onto left
- 3.- Step right forward
- 4.- Step left forward
- &.- Step right beside left
- 5.- Step left forward
- 6.- Rock right forward
- &.- Recover onto left
- 7.- ¼ turn right, step right to right side (12:00)
- 8.- Cross left over right
- &.- Rock side on right
- 1.- Recover onto left

S7: CROSS, TOUCH, CROSS, MAMBO, CROSS, TOUCH, ROCK STEP

- 2.- Cross right over left
- 3.- Touch left to left side
- 4.- Cross left over right
- &.- Rock side on right
- 5.- Recover onto left
- 6.- Cross right over left
- 7.- Touch left to left side
- 8.- Rock forward on left
- &.- Recover onto right
- 1.- ½ turn left, step left forward (6:00)

S8: SHUFFLE WITH ½ TURN, COASTER STEP, WALK, WALK, WALK

- 2.- ¼ Turn left, step right to right side (3:00)
- &.- ¼ turn left, lock left over right (12:00)

- 3.- Step right back
- 4.- Step left back
- &.- Step right beside left
- 5.- Step left forward
- 6.- Walk forward right
- 7.- Walk forward left
- 8.- Walk forward right

TAG 16 COUNTS:

TS1: HOLD, STEP, MAMBO, CROSS, TOUCH, HOLD, PIVOT TURN, SHUFFLE WITH ½ TURN

- 1.- Hold
- 2.- Step right forward
- &.- Rock left to left side
- 3.- Recover onto right
- 4.- Cross left over right
- &.- Touch right to right side
- 5.- Hold
- 6.- Step right forward
- 7.- ½ turn left (6:00)
- 8.- ¼ turn left, step right to right side (3:00)
- &.- ¼ turn left, Lock left over right (12:00)
- 1.- Step right back

TS2: COASTER STEP, STEP, ROCK, HOLD, STEP BACK, STEP BACK

- 2.- Step left back
- &.- Step right beside left
- 3.- Step left forward
- 4.- Step right forward
- &.- Rock forward on left
- 5.- Hold
- 6.- Recover onto right
- 7.- Step left back
- 8.- Step right back

Contact ~ e-mail: franjaroga42@hotmail.com

Last Update - 15th Nov 2016
