

Sad Mama

拍数: 32 墙数: 2 级数: Beginner
编舞者: Greywolf (NL) & Wiya Wambli (NL) - May 2016
音乐: Don't Tell Mamma - Doug Stone



(intro 16 tellen)

Alt. music: Dwight Yoakam – Don`t Be Sad (124 bpm)

BRUSH, STEP BACK, BACK ROCK, SHUFFLE FORWARD, PIVOT ¼ TURN L

- 1 RF brush forward
- 2 RF step back
- 3 LF rock back
- 4 Weight back on RF
- 5 LF step forward
- & RF step beside LF
- 6 LF step forward
- 7 RF step forward
- 8 LF&RF 1/4 turn left (9)

CROSS SHUFFLE, SIDE ROCK,CROSS BEHIND, ¼ TURN R, STEP FWD, ½ PIVOT R

- 9 RF step across LF
- & LF step left
- 10 RF step across LF
- 11 LF rock left
- 12 Weight back on RF
- 13 LF cross behind RF
- 14 RF step right, ¼ turn right (12)
- 15 LF step forward
- 16 RF&LF ½ turn right (6)

STEP FWD, ½ TURN L, ½ TURN L, STEP FWD, ROCK STEP, STEP BACK WITH SWEEP, STEP BACK WITH SWEEP

- 17 LF step forward
- 18 RF ½ turn left, step back (option: RF step forward)
- 19 LF ½ turn left, step forward (option: LF step forward)
- 20 RF step forward
- 21 LF rock forward
- 22 Weight back on RF
- 23 LF sweep and step back
- 24 RF sweep and step back

SAILORSTEP, CROSS ROCK, SIDE ROCK, BACK ROCK

- 25 LF cross behind RF
- & RF step right
- 26 LF step left
- 27 RF rock/cross over LF
- 28 Weight back on LF
- 29 RF rock right
- 30 Weight back on LF
- 31 RF rock back
- 32 Weight back on LF

Start over

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Last Update - 10th May 2016
