

Back at Mamas

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Andrew Palmer (UK), Sheila Palmer (UK) & Tina Argyle (UK) - May 2016
音乐: Meanwhile Back at Mama's (feat. Faith Hill) - Tim McGraw : (Album: Sundown Heaven Town)



Intro: □ 32 counts.

“Choreographed for the Costa Brava Line Dance Festival (Palafrugell) 2016”

#1: Full Circle Turn L – Walk L. Scuff R. Walk R. Scuff L. Shuffle L. Walk R. Scuff L. Walk L. Scuff R. Shuffle R.

1&2& Walk Left, scuff Right, walk Right, scuff Left completing a 1/4 turn left (9:00).
3&4 Shuffle 1/4 turn Left (6:00) L-R-L.
5&6& Walk Right, scuff Left, walk Left, scuff Right completing a 1/4 turn Left (3:00).
7&8 Shuffle 1/4 turn Left (12:00) R-L-R.

#2: Step-Pivot-Step R. Step-Pivot-Step L. Heel L. Step. Heel R. Step. Walk L. Walk R.

1&2 Step forward Left, pivot 1/2 turn Right (6:00), step forward Left.
3&4 Step forward Right, pivot 1/2 Left (12:00), step forward Right.
5& Dig Left heel forward, step in place beside Right.
6& Dig Right heel forward, step in place beside Left.
7-8 Walk forward Left, walk forward Right.

***** Tag #1: during wall 3 (6:00) then Restart the dance.**

1-2& Rock forward Left, recover, step ball of Left in place beside Right.
3-4 Step Right to Right side, touch Left beside Right

#3: Mambo Forward L. Step sweep back (x3). R Coaster Step. Full Turn Forward R over 2 Counts.

1&2 Mambo forward Left – on the recover step back Left sweeping Right clockwise.
3 Step back Right while sweeping Left Anti-clockwise.
4 Step back Left while sweeping Right clockwise.
5&6 Right Coaster Step
7-8 Full turn Right – step back on Left (6:00), step forward on Right (12:00).

#4: L Diagonal Rock. Recover. L Coaster Step. Step-Pivot 1/2 L. Full Triple-Turn L.

1-2 Rock forward Left to Left diagonal (10:30), recover.
3&4 Left Coaster Step.
5-6 Step forward on Right to the Left diagonal (10:30), pivot 1/2 turn Left (4:30).
7&8 Full Triple-Turn L – RLR (or easier option shuffle forward on Right).

#5: L Diagonal Rock. Recover. Behind Side Cross. Rock R. Recover 1/4 L. R shuffle.

1-2 Rock forward Left to Left diagonal (4:30), recover.
3&4 Cross Left behind Right, step Right to Right side, cross Left over Right (6:00).
5-6 Rock Right to side, recover turning 1/4 turn Left (3:00).
7&8 Shuffle forward Right.

#6: Cross. Back. Chasse' L. Cross. Back. Slide R. Touch L.

1-2 Cross Left over Right, step back on Right.
3&4 Chasse' Left.
5-6 Cross Right over Left, step back on Left.
7-8 Step Right to Right side, touch Left beside Right.

*****☐Tag #2 during wall 5 (12:00) then Restart the dance.**

1-4 Sway Left, sway Right, sway Left, and sway Right.

Last Update - 7th June 2016
