

Mom - AB

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Annemaree Sleeth (AUS) - July 2016
音乐: Mom (feat. Kelli Trainor) - Meghan Trainor : (Album: Thankyou - iTunes)



Intro: 32 Counts, Start On Heavy Beat, About 6 Secs in; On Word " Mine"

Section 1 [1- 8] R DIAG FWD, TOUCH , DIAG FWD TOUCH , DIAG BACK, TOUCH, DIAG BACK, TOUCH

- 1 - 2 Step R Diag Fwd, Touch L Tog facing 1.30 Snap Fingers on Touches
- 3 - 4 Step L Diag Fwd, Touch R Tog facing 10.30,
- 5 - 6 Step R Diag Back, Touch L Tog facing 1.30
- 7 - 8 Step L Diag Back , Touch R Tog facing 10.30

Section 2 [9 – 16] ROLLING VINE, POINT, ROLLING VINE BRUSH

- 1 - 2 Step R Side, Step L Together Using Swimming Motions Arms
- 3 - 4 Step R Side, Touch L Together Bending Knees (Snap Fingers)
- 5 - 6 Step L Side, Step R Together
- 7 - 8 Step L Side, Brush R Across L

**Option Vine R, Point side , Vine L, Brush R Across L
Or Side Togethers R Then L**

Section 3 [17- 24] CROSS, RECOVER, SIDE TOE STUT, CROSS RECOVER, ¼ L TOE STRUT

- 1 - 2 Cross R Over L, Recover L
- 3 - 4 Step R Side, Hold
- 5 - 6 Cross L Over R, Recover L
- 7 - 8 Step L Diag Fwd, Hold

Easier Option Change Toe Stuts to Step, Holds

Section 4 [25- 32] FWD, RECOVER, BACK, SWEEP, BACK, SWEEP, BACK, RECOVER

- 1 - 2 Rock R Fwd, Recover L
- 3 - 4 Step R Back, Sweep L Behind R/Kick L Fwd
- 5 - 6 Step L Back, Sweep R Behind L/Kick R Fwd
- 7 - 8 Rock R Back, Recover to L

Ending Dance 32 Counts and add Step R Fwd, Turn ¼ R Side

No Tags Or Restarts

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