

# Mammys Shuffle

拍数: 64      墙数: 2      级数: Improver  
编舞者: Jason Drake (UK) - March 2017  
音乐: Mrs. Brown's Boys - Foster & Allen



## S1: BACK ROCK, RIGHT SHUFFLE, FORWARD ROCK, COASTER

- 1 – 2      Rock back on the right foot, Recover weight onto the left foot.
- 3 & 4      Step forward on right foot, Close left foot besides right, Step forward on right foot.
- 5 – 6      Rock forward on the left foot, Recover weight onto the right foot.
- 7 & 8      Step back on the left foot, Close right foot beside left, Step forward on the left foot.

## S2: FORWARD ROCK, ½ TURN SHUFFLE RIGHT, JAZZ BOX

- 1 – 2      Rock forward on the right foot, Recover weight onto the left foot.
- 3 & 4      Step back on the right foot making ¼ turn right, Close left foot beside right, Step right foot ¼ turn right.
- 5 – 6      Step left foot across the right foot, Step back on the right foot.
- 7 – 8      Step left foot to left side, Touch right foot beside the left.

## RESTART ( ON WALL 3 RESTART DANCE AT THIS POINT)

## S3: CHASSIS, BACK ROCK, ¼ PIVOT TURN X 2, CROSS SHUFFLE

- 1 & 2      Step right foot to right side, Close left foot beside right, Step right foot to right.
- 3 – 4      Rock left foot behind right, Recover weight on the right foot.
- 5 – 6      Step left to left making ¼ turn right, Step right foot to right making ¼ turn right.
- 7 & 8      Cross left foot over right, Step right foot to right side, Cross left foot over right.

## S4: SIDE, CLOSE, COASTER, FORWARD ROCK, COASTER

- 1 – 2      Step right foot to right, Close left foot next to right.
- 3 & 4      Step right foot back, Step left foot next to right, Step forward on the right.
- 5 – 6      Rock forward on the left foot, Recover weight onto the right foot.
- 7 & 8      Step left foot back, Step right foot next to left, Step forward on the left.

## S5: WALK X 2, HEEL SWITCHES, HEEL HOOK, WALK X 2

- 1 – 2      Walk forward on the right foot, Walk forward on the left foot.
- 3 & 4 &      Touch right heel forward, Step right foot to place, Touch left heel forward, Step left foot in place.
- 5 & 6 &      Touch right heel forward, Hook right heel across left leg, Touch right heel forward, Step right foot in place.
- 7 – 8      Walk forward on the left foot, Walk forward on the right foot.

## S6: FORWARD ROCK, ¼ TURN CHASSIS LEFT, VAUDERVILLS X 2

- 1 – 2      Rock forward on the left foot, Recover weight onto the right foot.
- 3 & 4      Step back on the left foot making ¼ turn left, Close right foot beside left, Step left foot to left side.
- 5 & 6 &      Cross right foot over left, Step back on the left foot, Present right heel forward, Step right in place.
- 7 & 8 &      Cross left foot over right, Step back on the right foot, Present left heel forward, Step left foot in place.

## S7: FORWARD ROCK, ½ TURN SHUFFLE RIGHT, WEAVE, TOUCH

- 1 – 2      Rock forward onto the right foot, Recover weight onto the left foot.
- 3 & 4      Step back on the right foot making ¼ turn right, Close left foot beside right, Step right foot ¼ turn right.
- 5 – 6      Cross left foot over right, Step right foot to the right side.

7 – 8            Cross left foot right behind the right, Touch the right toes to the right.

**S8: CROSS, SIDE, ¼ TURN SAILOR RIGHT, ROCKING CHAIR, KICK**

1 – 2            Cross right foot across the left, Step left foot to the left.

3 & 4            Step right foot behind left foot making ¼ turn right, Step left to left side, Step right foot in place.

5 – 6            Rock forward on the left foot, Recover weight onto the right foot.

7 – 8            Rock back on the left foot. Kick right foot forward.

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