

Mama Don't Stress

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Gemma Ridyard (UK) & Lyn Ridyard (UK) - June 2017
音乐: Mama by Jonas Blue



(Dance 4 walls of 64 counts; on wall 5 - facing 12:00, dance from counts 33-64)

S1: Monterey ½ turn R, side rock cross, ¼ ½, ¼ C shape hip bump

1-2 Point R toe to R side, make ½ turn R close RF next to LF
3&4 Rock LF to L side, replace weight onto RF, cross LF over RF
5-6 make a ¼ L step back on RF, make ½ turn L stepping LF forward
7&8 make a ¼ turn left as you bump R hip up, bump weight back to LF, make a ¼ turn left as you bump R hip down (3:00)

S2: Walk walk lock, 2 x bounce unwind ¾ L, house tap ½ turn (monteray ½ turn)

1 2& Step LF forward, step RF forward, lock LF behind RF on toes
3-4 unwinding ¾ turn L bouncing heels twice (6:00)
5-6 press ball of RF to R side, make a ½ turn R closing RF to LF
7-8 press ball of LF to L side, close LF next to RF

S3: Step RF out cross hands over chest, open both hands to shoulders, bend both knees hands drop to R knee, L heel flick X2, L sailor ½ turn

1&2 step RF to R side angling body to 11:30 bring R hand to L shoulder & L hand to R shoulder, angling body to 1:30 bring R hand to R shoulder bring L hand to L shoulder, bend both knees
3-4 start to straighten both knees as you pop chest, bend both knees (Rise & Drop)
5&6 Flick L heel to L side, flick L heel in towards RF, flick L heel out
7&8 making ½ turn L crossing LF behind RF, step RF to R side, cross LF over RF

S4: Step touch, step touch, out out in in, walk back with knee pops

1-2 step RF to R side, touch LF next to RF (both arms stretched forward, draw left hand into shoulder)
3-4 step LF to L side, touch RF next to LF (both arms stretched forward, bend R elbow take R fist behind head)
5&6& step R Heel out to R side, step L Heel out to L side, step RF in, step LF next to RF
7-8 step RF back popping L knee forward, step LF back popping R knee forward

(Start wall 5 from here facing 12:00)

S5: 1/8 Walk 1/8 walk , ¼ shuffle, 1/8 Walk 1/8 walk, ½ shuffle

1-2 make 1/8 turn R step RF forward, make 1/8 turn R step LF forward
3&4 make a ¼ turn R step RF forward, close LF next to RF, step RF forward
5-6 make 1/8 turn R step LF forward, make 1/8 turn R step RF forward
7&8 make a ½ turn L step LF back, step RF next to LF , step LF back

S6: Back sweep x2, sailor ¼ cross, ball cross hold, walk side cross

1-2 Step RF back sweeping LF from front to back, step LF back sweeping RF from front to back
3&4 making a ¼ turn R cross RF behind LF, step LF to L side, cross RF over LF
&56 step ball of LF to L side, cross RF over LF, hold
7-8 step LF to L side, cross RF over LF (pop chest as you push hands forward)

S7: Syncopated side rocks, sailor ½ turn R, LF forward rock

1 2& Rock LF to L side, replace weight onto RF, close LF next to RF
3-4 Rock RF to R side, replace weight onto LF
5&6 making ½ turn R crossing RF behind LF, step LF to L side, step RF to R side

7-8 rock LF forward, replace weight onto RF
S8: Swivel walks back X2, coaster step, point & point & point touch hitch
1-2 step back on LF swivelling RF, step back on RF swivelling LF
3&4 step back on LF, close RF next to LF, step LF forward
5&6& point RF to R side, close RF next to LF, point LF to L side, close LF next to RF
7&8 point RF to R side, touch R toe next to LF, hitch R knee forward
