

Mama Don't Stress Your Mind

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Newcomer
编舞者: Materne Georgette (FR) - July 2017
音乐: Mama (feat. William Singe) - Jonas Blue



Intro: 16 counts - No Tag No Restart

BACK ,TOUCH,BACK, TOUCH, COASTER STEP 1/4 TURN R, TOUCH FORWARD,SWIVEL

1-2 RF step back, LF touch toe forward
3-4 LF step back, RF touch toe forward
5&6 RF step back, LF together, RF step forward 3:00
7&8 LF touch toe forward, LF heel swivel out, LF heel to center

COASTER STEP, SIDE TOUCH, SIDE TOUCH, SAILOR STEP, SAILOR STEP 1/4 TURN

1&2 LF step back, RF together, LF step forward
3&4 RF touch side right, RF together, LF touch side L
5&6 LF cross behind, RF step side R, LF step side L
7&8 RF cross behind 1/4 turn R, LF step side L, RF step side R 6:00

SIDE, CROSS, SIDE 1/4 TURN , CROSS, SIDE 1/4 TURN , CROSS, 1/4 TURN ,1/2 TURN

1-2 LF step side L, RF cross over
3-4 LF step side 1/4 turn r, RF cross over 9:00
5-6 LF step side 1/4 turn r, RF cross over 12:00
7-8 LF step forward 1/4 turn L, 9:00 RF step back 1/2 turn L 3:00

LOCK STEP BACK 2x, COASTER STEP, TOUCH FORWARD, SWIVEL

1&2 LF step back, RF lock , LF step back
3&4 RF step back, LF lock, RF step back
5&6 LF step back, RF together, LF step forward
7&8 RF touch toe forward, RF heel swivel out, RF heel to center
