

Mama's Boy (P)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Easy Intermediate Partner / Circle
编舞者: Michael Schmidt (DE) - July 2017
音乐: If You Want a Mother - Gretchen Wilson : (3:33)



Alternative: How I'll Always Be - Tim McGraw [93/186 bpm] (03:34) ()

Info: Start dancing on lyrics. Start in Promenade Position holding inside Hands. Both facing LOD.
Opposite footwork unless otherwise stated.

[1-8] Heel, Toe, Shuffle, Heel & Heel & Shuffle

1-2 M: Touch Right Heel forward, Touch Right Toe back
1-2 L: Touch Left Heel forward, Touch Left Toe back
3&4 M: Step Right forward, Step Left together, Step Right forward
3&4 L: Step Left forward, Step Right together, Step Left forward
5&6& M: Touch Left Heel forward, Step Left together, Touch Right Heel forward, Step Right together
5&6& L: Touch Right Heel forward, Step Right together, Touch Left Heel forward, Step Left together
7&8 M: Step Left forward, Step Right together, Step Left forward
7&8 L: Step Right forward, Step Left together, Step Right forward

[9-16] Full Turn, Shuffle, Rock Recover 1/4 Turn, Step Turn Step

1-2 M: ½ Turn left stepping back Right, ½ Turn left stepping Left forward
1-2 L: ½ Turn right stepping back Left, ½ Turn right stepping Right forward
3&4 M: Step Right forward, Step Left together, Step Right forward
3&4 L: Step Left forward, Step Right together, Step Left forward
5&6 M: Rock Left forward, Recover onto Right, ¼ Turn left stepping Left side (ILOD)
5&6 L: Rock Right forward, Recover onto Left, ¼ Turn right stepping Right side (OLOD)
7&8 M: Step Right forward, ½ Turn left, Step Right forward (OLOD)
7&8 L: Step Left forward, ½ Turn right, Step Left forward (ILOD)

release hands on count 1 & rejoin on 3, release hands on count 5 & rejoin into Double Hand Hold Pos on count 8

[17-24] Side Touches, Side-Together-Side-Touch, Side Touches, Side-Together-Side

1&2& M: Step Left side, Touch Right beside Left, Step Right side, Touch Left beside Right
1&2& L: Step Right side, Touch Left beside Right, Step Left side, Touch Right beside Left
3&4& M: Step Left side, Step Right together, Step Left side, Touch Right beside Left
3&4& L: Step Right side, Step Left together, Step Right side, Touch Left beside Right
5&6& M: Step Right side, Touch Left beside Right, Step Left side, Touch Right beside Left
5&6& L: Step Left side, Touch Right beside Left, Step Right side, Touch Left beside Right
7&8 M: Step Right side, Step Left together, Step Right side
7&8 L: Step Left side, Step Right together, Step Left side

[25-32] Sailor 1/4 Turn, Shuffle, Walk Walk (L: Full Turn), Shuffle

1&2 M: Cross Left behind Right, Turn ¼ left stepping Right in place, Step Left forward (LOD)
1&2 L: Cross Right behind Left, Turn ¼ right stepping Left in place, Step Right forward (LOD)
3&4 M: Step Right forward, Step Left together, Step Right forward
3&4 L: Step Left forward, Step Right together, Step Left forward
5-6 M: Walk forward Left & Right
5-6 L: ½ Turn left stepping back Right, ½ Turn left stepping Left forward
7&8 M: Step Left forward, Step Right together, Step Left forward

7&8 L: Step Right forward, Step Left together, Step Right forward
release front hands on count 1, on count 5 raise arms over Ladies head

.... hold your girl, smile & have fun

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