

Hey Mama

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Easy Beginner
编舞者: Mike Parkinson (WLS) - January 2018
音乐: Mama by Jonas Blue – 104 bpm - 3 Minutes 2 Seconds



Intro - 16 Counts - 9 Seconds - (No Tags, No Restarts)

Choreographed For My New Beginners Class, Penrhyn Bay , 9th Jan 2018

SECTION 1: RIGHT SIDE, LEFT TOGETHER RIGHT CASSE

1, 2, 3&4 Step Right to Right Side, Step Left Besides Right, Right Side - Left Together - Right Side

LEFT CROSS ROCK, RECOVER, LEFT CHASSE

5, 6, 7&8 Cross Rock Left Over Right, Recover Weight on Left, Left Side Step - Right Together -Left Side Step

SECTION 2: LEFT WEAVE, RIGHT CROSS ROCK, RIGHT CHASSE ¼ TURN RIGHT

1,2,3,4,5,6,7&8 Step Right Over Left, Left Side Step, Step Right Behind Left, Left Side Step, Cross Rock Right Over Left, Recover Weight On to Left, Right Side Step - Left Together -Right Side Step ¼ Right (3 O'clock)

SECTION 3: LEFT ROCKING CHAIR, LEFT FORWARD, PIVOT ¼ RIGHT, CROSS STEP CROSS

1,2,3,4,5,6,7&8 Rock Forward Left, Recover Weight Back on Left, Rock Back on Left, Recover Weight Forward On Right, Step Left Forward, Pivot ¼ Turn Right (weight on Right 6 O'clock) Cross Step Right Over Left, - Step Right Side Step - Cross Step Left Over Right

SECTION 4: RIGHT LINDY STEP, LEFT SIDE STEP, TOUCH RIGHT TOGETHER, RIGHT KICKBALL CHANGE

1&2,3,4,5,6,7&8 Right Side Step - Left Together - Right Side Step, Left Rock Diagonal Back Slightly Behind Right, Recover Weight Forward on Right, Step Left Side Step, Touch Right Besides Left, Right Low Kick Forward - Step on Ball Of Right Besides Left - Changing Weight on to Left

RESTART

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Last Update – 16th Jan. 2018