Lil Mama

拍数: 32 **墙数:** 4 **级数:** Easy Intermediate
编舞者: Scott Blevins (USA) & Jo Thompson Szymanski (USA) - February 2018
音乐: Lil Mama - Jain : (Album: Zanaka)

#32 count intro

[1–8] BIG STEP, HOLD, BALL, CROSS, ¼ LEFT, STEP, ½ PIVOT, ¼ LEFT. BEHIND, SIDE

1-2	1) Step R a big step right dragging L toe; 2) Hold
&3-4	&) Step ball of L beside R heel; 3) Step R across L; 4) Turn ¼ left stepping L forward [9:00]
5-6	5) Step R forward pushing R hip forward; 6) Pivot ½ left taking weight forward on L [3:00]
7-8&	7) Turn ¼ left stepping R to right [12:00]; 8) Step L behind R; &) Turn 1/8 left stepping R a small step right [11:00]

[9-16] ROCK, RECOVER, BACK, SIDE, FORWARD, CROSS, BACK, BACK, CROSS, BACK, ½ LEFT

1-2	1) Rock L forward toward 11:00 pushing hips forward; 2) Recover to R
3&4	3) Step L back; &) Step R to right squaring up to 12:00; 4) Step L forward toward 1:00
5&6&	5) Cross R over L; &) Step L back squaring up to 3:00; 6) Step R back; &) Step L across R
7-8	7) Step R back; 8) Turn ½ left stepping L forward [9:00]

[17-24] ¼ ROLL DOWN, TOUCH, ¼ LEFT, ½ LEFT, ANGLE TRIPLE BACK 2X, SQUARE UP

1-2	1) Turn ¼ left stepping R to right and start rolling body down to right [6:00]; 2) Finish body roll in a sit position with L touched beside R
3-4	3) Turn ¼ left stepping L forward [3:00]; 4) Turn ½ left stepping R back [9:00]
5&6	5) Turn 1/8 left stepping L to left pushing hips toward 5:30; &) Step R beside L; 6) Step L to left with hip push

Note: On counts 5&6 body will be facing 7:30 but you will be moving towards 5:30

7&8	7) Turn ¼ right stepping R to right pushing hips toward 1:30; &) Step L beside R; 8) Step R to right with hip push

Note: On counts 7&8 body will be facing 10:30 but you will be moving towards 1:30

&	&) Bring L foot beside R ankle squaring up to 9 o'clock

[25-32] WALK, WALK, CHASE TURN, HOOK, UNWIND FULL TURN, SIDE ROCK, RECOVER, CROSS

1-2	1) Step L forward; 2) Step R forward
3&4	3) Step L forward; &) Pivot ½ right taking weight forward on R; 4) Step L forward [3:00]
5-6	5) Hook R behind L; 6) Unwind on the spot a full turn clockwise taking weight on R
7&8	7) Rock L to left; &) Recover to R; 8) Step L across R

Ending: You will be dancing the 7th and final rotation which starts facing the original 6 o'clock wall. Dance the entire rotation as written above through count 31, you will be facing the original 9 o'clock wall. Replace counts &-32 with the following: &) Turn ¼ right recovering to R; 8) Step L to left pushing hip to left facing original 12 o'clock

Enjoy!

Copyright © 2018 Scott Blevins (scottblevins@me.com) and Jo Thompson Szymanski (jo.thompson@comcast.net) All rights reserved