

Rebootin' Mama

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Improver
编舞者: Cathy Snow (USA) - March 2019
音乐: Mama Don't Get Dressed Up for Nothing - Brooks & Dunn : (Reboot with LANCO)



Intro: 48 counts

[1-8] RIGHT LOCK STEP; SHUFFLE; LEFT LOCK STEP; SHUFFLE

1-2 Step right forward, step left behind right
3&4 Shuffle forward right-left-right
5-6 Step left forward, step right behind left
7&8 Shuffle forward left-right-left

[9-16] PRESS-RECOVER TRIPLE; PRESS-RECOVER TRIPLE

1-2 Press right foot forward, recover on left foot
3&4 Triple Steps in place right-left-right
5-6 Press left foot forward; recover on right foot
7&8 Triple Steps in place left-right-left

[17-24] WEAVE RIGHT, ROCK, CROSS SHUFFLES

1-2 Step right to right side, step left behind right
3-4 Step right to right side, cross left over right
5-6 Rock right to side, recover weight to left
7&8 Cross shuffle right, left, right

[25-32] WEAVE LEFT, ROCK, CROSS SHUFFLES

1-2 Step left to left side; step right behind left
3&4 Step left to left side, cross right over left
5-6 Rock left, recover weight to right
7&8 Cross shuffle left, right, left

[33-40] SHUFFLE FORWARD (RLR) LEFT ROCK; RECOVER R, SHUFFLE BACK (LRL); RIGHT ROCK BACK; RECOVER LEFT

1&2 Shuffle forward stepping right, left, right
3-4 Rock left forward; recover right
5&6 Shuffle backward stepping left, right, left
7-8 Rock back on right; recover on left

[41-48] WALKING HIP BUMPS (4X)

1&2 Step right to right front diagonal & bump right hip, return to center & bump right again
3&4 Step left to left front diagonal & bump left hip, return to center & bump left again
5&6 Step right to right front diagonal & bump right hip, return to center & bump right again
7&8 Step left to left front diagonal & bump left hip, return to center & bump left again

[49-56] DOUBLE RIGHT KICK BALL CHANGES; ¼ TURN RIGHT JAZZ BOX

1&2 Kick right forward; step on ball of right next to left raising left
3&4 Kick right forward; step on ball of right next to left raising left
5-6 Cross right over left; step back on left
7-8 Turn ¼ right stepping right to right side, step left beside right (facing 3:00 o'clock wall)

[57-64] STOMP R; SWIVELS; STOMP LEFT, SWIVELS

1-4 Stomp Right forward diagonal; Swivel left heel toward right, Swivel left toes toward right,
Swivel left heel toward right

5-8

Stomp Left forward diagonal, Swivel right heel toward left, Swivel right toes forward right,
Swivel right heel toward left

RESTART DANCE AND HAVE FUN!
