

First Tape

拍数: 32 墙数: 4 级数: Newcomer
编舞者: Toño Nieto (ES) - February 2017
音乐: Mama - Holly Williams
或: Who Put the Bomp - The Boppers



Intro: Start on count 32 (seconds - 13)

RIGHT K-STEPS, CLOSE

- 1 Step R forward to R diagonal (1'30)
- 2 Touch L together
- 3 Step L back to L diagonal (7'30)
- 4 Touch R together
- 5 Step R back to R diagonal (4'30)
- 6 Touch L together
- 7 Step L forward to L diagonal (10'30)
- 8 Step R next to L

LEFT K-STEPS, STOMP

- 9 Step L forward to L diagonal (10'30)
- 10 Touch R together
- 11 Touch R back to R diagonal (4'30)
- 12 Touch L together
- 13 Step L back to L diagonal (7'30)
- 14 Touch R together
- 15 Step R forward to R diagonal (1'30)
- 16 Stomp L next to R

RIGHT PIGEON TOE MOVEMENT, HEEL TOUCHES

- 17 Open toes
- 18 Close toes while moving to the R (weight on R ball and L heel)
- 19 Open toes while moving to the R (weight on R heel and L ball)
- 20 Close toes facing 12

Counts 17, 18, 19, 20 can be easier: Traveling Swivels (heels, toes, heel, toes facing 12)

- 21 Touch L heel forward
- 22 Step L next to R
- 23 Touch R heel forward
- 24 Step R next to L

¼ TURNING GRAPEVINE, SCUFF, ROCK STEP FORWARD, 1/ 2 TURN, STOMP

- 25 Step L to L side
- 26 Cross R behind L
- 27 Make ¼ turn L stepping forward L (9:00)
- 28 Scuff R beside L
- 29 Rock forward R
- 30 Recover back L
- 31 Make ½ turn R stepping forward (3:00)
- 32 Stomp L next to R

START AGAIN

