

# Momma's Walking Shoes

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Bob Francis (UK) - February 2020  
音乐: Nothin' for a Broken Heart - Vince Gill



## S1. SIDE BEHIND SIDE TOUCH, HEEL TOUCH, POINT, FLICK.

- 1-2                      Step Right to right side, Step Left behind Right.
- 3-4                      Step Right to right side, Touch Left next to Right.
- 5-6                      Dig Left heel forward, Touch Left next to Right.
- 7-8                      Point Left toe to Left side, Flick Left behind Right.

## S2. SIDE BEHIND, QUARTER TOGETHER, TWIST, TWIST.

- 1-2                      Step Left to Left side, Step Right behind Left,
- 3-4                      Step forward on Left making quarter turn left, Step Right next to Left [weight on both feet].
- 5-6                      Twist both heels to right, Twist both heels back to the centre.
- 7-8                      Twist both heels to right, Twist both heels back to the centre.

## S3. REVERSE RHUMBA BOX.

- 1-2                      Step Right to Right side, Step Left next to Right.
- 3-4                      Step back on Right, Touch Left next to Right.
- 5-6                      Step Left to Left side, Step Right next to Left.
- 7-8                      Step forward on Left, Brush Right forward.

[Restart 1 here in wall 4]

## S4. STEP HALF STEP, TRIPLE FULL TURN.

- 1-2                      Step forward on Right, Pivot half turn left, Step forward on Left.
- 3-4                      Step forward on Right, Hold.
- 5-6                      Step back on Left making half turn right, Step forward on Right making half right.
- 7-8                      Step forward on Left, Hold.

[Alternative steps 5-8: run forward on Left, Right, Left, Hold]

## S5. STOMP, HEEL TOE HEEL, STOMP, HEEL TOE HEEL.

- 1-2                      Stomp forward on Right to right diagonal, Wind Left heel towards Right.
- 3-4                      Wind Left toe towards Right, Wind Left heel towards Right. [Keep weight on Right]
- 5-6                      Stomp Left forward to left diagonal, Wind Right heel towards Left.
- 7-8                      Wind Right toe towards Left, Wind Right heel towards Left. [Keep weight on Left] [Restart 2 here in wall 6]

## S6. BACK ROCK, KICK KICK, BACK ROCK, KICK KICK.

- 1-2                      Rock back on Right, Recover on Left.
- 3-4                      Double kick Right foot forward, keeping weight on Left.
- 5-6                      Rock back on Right, Recover forward on Left.
- 7-8                      Double kick Right foot forward, keeping weight on Left.

## S7. RIGHT LOCKSTEP BACK, HOLD, LEFT COASTER, BRUSH.

- 1-2                      Step back on Right, Cross Left over Right.
- 3-4                      Step back on Right, Hold.
- 5-6                      Rock back on Left, Step Right next to Left,
- 7-8                      Step forward on Left, Brush Right forward.

## S8. RIGHT LOCK FORWARD, BRUSH, PIVOT HALF STEP, HOLD.

- 1-2                      Step forward on Right, Lock Left behind Right.
- 3-4                      Step forward on Right, Brush Left forward.

5-6 Step forward on Left, Pivot half turn right, Step forward on Right.  
7-8 Step forward on Left, Hold.

**Tag - at the end of wall one, facing 9:00:  
Right mambo forward, Left coaster cross.**

**Restarts - facing 12:00:  
Wall 4 after 24 counts  
Wall 6 after 40 counts**

**Ending – you will be facing 6:00:  
Walk forward on Right, Left. Pivot half step to face 12:00.**

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