

Mama

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Sobrielo Philip Gene (SG), Jaszmine Tan (MY), Jennifer Choo Sue Chin (MY),
Christina Yang (KOR), Rhoda Lai (CAN), Winda Dendi (INA) & Rebecca Lee
(MY) - May 2020
音乐: Mama - Spice Girls



Intro : 32 counts

Note : Restart on Wall 2 after 48 count (6:00)

This dance was choreograph for ONlive Dance At Home Asia 2 Mother's Day , specially dedicated to all mothers out there.

[1 – 8] RUMBA BOX, COASTER STEP, WALK WALK

1 & 2 Step R to R (1), Step L beside R (&), Step R forward (2) 12:00
3 & 4 Step L to L(3), Step R beside L (&) Step L back (4) 12:00
5 & 6 Step R back(5) Step L beside R (&), Step R forward (6) 12:00
7 - 8 Walk L forward (7), Walk R forward (8) 12:00

[9 – 16] FORWARD ROCK ¼ TURN L, CROSS ROCK, KICK BALL POINT, ¼ PADDLE L X2

1 & 2 Rock L forward (1), Recover R (&) ¼ turn L Step L to L (2) 9:00
3 & 4 Cross R over L (3) Recover R (&) Step R to R (4) 9:00
5 & 6 Kick L forward (5) Step L in place (&) Point R to R (6) 9:00
7 - 8 ¼ turn L touch R to R side (7) ¼ turn L touch R to R side (8) 3:00

[17 – 24] CROSS SHUFFLE, ½ L CROSS SHUFFLE, 1/4 TURN R FORWARD MAMBO, BACK DRAG

1 & 2 Cross R over L (1), Step L to L (&) Cross R over L (2) 3:00
3 & 4 ½ turn L Cross L over R (3) Step R to R (&) Cross L over R (4) 9:00
5 & 6 ¼ turn R Rock R forward (5) , Recover L (&) Step R back (6) 12:00
(During chorus: fingers make a heart shape on count 5 in front of chest, straighten both arms forward with fingers still showing the heart shape on count 6)
7 - 8 Big step L back (7), Drag R towards L and close next to L (weight on R)(8) 12:00

[25 – 32] FORWARD SHUFFLE, ½ L TURN SHUFFLE, COASTER STEP, ROCKING CHAIR

1 & 2 Step L forward (1) Step R beside L (&) Step L forward (2) 12:00
3 & 4 ¼ turn L Step R to R (3), Step L beside R (&), ¼ turn L Step R back (4) 6:00
5 & 6 Step L back (5) Step R beside L (&) Step L forward (6) 6:00
7 & 8 & Rock R forward (7), Recover L (&) Rock R back (8) Recover L (&) 6:00

[33 – 40] CROSS R, POINT L, CROSS L, HITCH R ¼ L, R LOCK STEP, SIDE , DRAG

1 - 2 Cross R over L (1), Point L to L side (2) 6:00
3 - 4 Cross L over R (3), Hitch R turning ¼ L (4), 3:00
5 & 6 Step R forward (5) Step L behind R (&) Step R forward (6) 3:00
7 - 8 Big Step L (7) Drag R next to L (8) 3:00

[40 – 48] SIDE ROCK BACK, ¼ TURN L SIDE ROCK BACK, LOCK STEP , SIDE ROCK BACK

1 & 2 Step R to R side (1), Step L behind R (&) Recover R (2) 3:00
3 & 4 ¼ turn L Step L to L side (3) Rock R behind L (&) Recover L (4) 12:00
5 & 6 Step R diagonally forward to R (5), Lock L behind R (&), Step R diagonally forward to R
12:00
7 & 8 Step L to L side (7) Step R behind L (&) Recover L (8) 12:00

[49-56] SIDE ROCK, STEP R SWEEP L, DIAGONAL FORWARD ROCK, WALK BACK

- 1 - 2 Rock R to R side (1) Recover L(2) 12:00
3 - 4 Step R forward as L sweep from back to front (3) Cross L over R turning body to 1:30 (4)
 1:30
5 - 6 Rock R forward (5) Recover L (6) 1:30
7 - 8 Walk R back (7) Walk L back (8) 1:30

[57-64] COASTER STEP, PIVOT 3/8 TURN POINT, CROSS SIDE ROCK, CROSS SIDE ROCK, CROSS

- 1 & 2 Step R back (1) Step L beside R (&) Step R forward (2) 1:30
3 & 4 Step L forward (3) ,3/8 turn R Step R forward (&) Point L to L side (4) 6:00
5 & 6 Cross L over R (5) Rock R to R side (&) Recover L (6) 6:00
& 7 & 8 Cross R over L (&) Rock L to L side (7) Recover R (&) Cross L over R (8) 6:00

Last Update - 13 June 2020 -R2
