

Sweet Mama

COPPER **NOB**
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Antonio Manigas (IT) - July 2020
音乐: Sweet Mama - James David Carter



*****Restart***Restart after 16 counts to 2th, 8th, 15th, repetitions *****

S1) STEPS DIAGONALLY R/L AND SCUFF, STEP R., FLICK L., TURN ½ STEP L., FLICK R.

1 – 2 Step Right Diagonally Forward , Scuff Left Beside Right
3 – 4 Step Left Diagonally Forward , Scuff Right Beside Left
5 – 6 Step Right Forward , Flick Left
7 – 8 Turn ½ (06:00) Step Left Forward , Flick Right

S2) STEPS R/L AND STOMPS UP, TOE STRUT R., TURN ¼ TOE STRUT

1 – 2 Step Right To Right Side , Stomp Up Left Beside Right
3 – 4 Step Left To Left Side , Stomp Up Right Beside Left
5 – 6 Step Right Forward And Touch Right Toe , Drop Right Heel And Taking Weight
7 – 8 Turn ¼ (03:00) Step Left Forward And Touch Left Toe , Drop Left Heel And Taking Weight

S3) TURN ½ TOE STRUT, TURN ½ TOE STRUT , ROCK RECOVER, TOE STRUT

1 – 2 Turn ½ (09:00) Step Right Backward And Touch Right Toe, Drop Right Heel And Taking Weight
3 – 4 Turn ½ (03:00) Step Left Forward And Touch Left Toe , Drop Left Heel And Taking Weight
5 – 6 Step Right Forward , Return To Left
7 – 8 Step Right Backward And Touch Right Toe , Drop Right Heel And Taking Weight

S4) COASTER STEP, HOLD, PIVOT, STOMP UP, STOMP UP

1 – 2 Step Left Backward , Step Right Beside Left
3 – 4 Step Left Forward , Hold
5 – 6 Step Right Forward , Turn ½ (09:00)
7 – 8 Stomp Up Right , Stomp Up Right

TAG: *Tag after 13th repetition *****

T1) ROCK RECOVER, TOE STRUT BACK R., COASTER STEP, STOMP UP R.

1 – 2 Step Right Forward , Return To Left
3 – 4 Step Right Backward And Touch Right Toe, Drop Right Heel And Taking Weight
5 – 6 Step Left Backward , Step Right Beside Left
7 – 8 Step Left Forward , Stomp Up Right Beside Left

Last Update – 17 July 2020