

Oh! Mama Bachata

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: High Beginner
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音乐: Oh Mama - Milva



Intro: 40counts

[Sec. 1] SIDE TOE STRUT, CROSS TOE STRUT, SIDE WITH SWAY, SWAY, TOE TOUCH TOGETHER(HIP×2)

1-4 RF strut side(1,2), LF strut crossing(3,4)
5-8 RF step to right side with sway(5), LF sway(6), RF Touch together(Bump hips -7,8)

[Sec. 2]ROCK BACK, RECOVER, FORWARD CHA, PIVOT TURN 1/4R WITH ROLLING HIPS(×2)

1-2 RF rock back(1), LF recover (2)
3&4 Forward Cha(RF, LF RF)
5-6 LF touch toe fwd(5), RF pivot 1/4 turn R with Rolling hip(6)
7-8 LF touch toe fwd(7), RF pivot 1/4 turn R with Rolling hip(8)

[Sec. 3]L/R ROCK CROSS SIDE CHA, ROCK CROSS SIDE CHA TURN 1/4R

1-2 LF rock cross(1), RF recover (2)
3&4 Side Cha(LF, RF, LF)
5-6 RF rock cross(5), LF recover(6)
7&8 RF step to right side (7), LF together(6), RF turn ¼R fwd(8)

[Sec. 4]L/R FORWARD TOE STRUT, SIDE WITH SWAY (LR LR L)

1-4 LF strut fwd(1,2), RF strut fwd(3,4)
5-6 LF step to right side with sway(5), RF sway(6),
7&8 LF sway(7), RF sway(&) LF sway(8)

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