

Mama Said

拍数: 32 墙数: 4 级数: Improver
编舞者: Daisy Simons (BEL) - July 2022
音乐: This Is What My Mama Said - Jack & The Jillaroo



Also: Dit Is Wat Mijn Mama Zei by Metejoor

Intro: 16 counts

SIDE-BEHIND & HEEL & CROSS (RIGHT & LEFT)

1-2 Step Right to right side, cross Left behind Right
&3 Step Right slightly back, touch Left heel to left diagonal
&4 Step Left back, cross Right over Left
5-6 Step Left to left side, cross Right behind Left
&7 Step Left slightly back, touch Right heel to right diagonal
&8 Step Right back, cross Left over Right

SHUFFLE 1/4 TURN R FWD, CHASSE 1/4 TURN R, SAILORSTEP, L TOUCH BACK, 3/4 TURN L

1&2 Step Right 1/4 turn right forward, step Left next to Right, step Right forward (3:00)
3&4 Step Left 1/4 turn right to left side, step Right next to Left, step Left to left side (6:00)
5&6 Cross Right behind left, step Left to left side, step Right to right side
7-8 Touch Left behind Right, make 3/4 turn left (weight on Left) (9:00)

ROCK FWD, RECOVER, COASTERSTEP, WALK, WALK, SHUFFLE FWD

1-2 Rock Right forward, recover weight to Left
3&4 Step Right back, step Left next to Right, step Right forward
5-6 Step Left forward, step Right forward
7&8 Step Left forward, step Right next to Left, step Left forward

PIVOT 1/4 TURN L, CROSS SHUFFLE, 1/4 TURN R, 1/2 TURN R, SHUFFLE FWD

1-2 Step Right forward, make 1/4 turn left (6:00)
3&4 Cross Right over Left, step Left to left side, cross Right over Left
5-6 Step Left 1/4 turn right back, step Right 1/2 turn right forward (3:00)
7&8 Step Left forward, step Right next to Left, step Left forward

Start again.

Tag 1: after wall 2 (6:00) & wall 4 (12:00):

STEP FWD, BOUNCE HEEL X 3

1 Step Right forward
2-4 Bounce Right heel over 3 counts (weight on Left)

Tag 2: after wall 3 (9:00):

ROCKING CHAIR

1-2 Rock Right forward, recover weight to Left
3-4 Rock Right back, recover weight to Left

Ending: at the end of wall 10 (6:00) add Pivot 1/2 Turn L (12:00)

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