Mamado 2022



拍数: 32 墙数: 4 级数: High Beginner

编舞者: SoonYoung-Bae (KOR) - September 2022 音乐: Mama Do (Uh Oh, Uh Oh) - Pixie Lott



* Intro: 8c (start on vocal)

* No Restart

* Tag(8c): After the end on 4 Wall(12:00)

S1[1-8] (CROSS, SIDE POINT AND CLAP TWICE TO R, CROSS, SIDE POINT AND CLAP ONCE TO L) *

(12:00)

1 2& step RF over LF, LF toe point to L and clap to R, clap to R(&)

3 4 step LF over RF, RF toe point to R and clap to L

5 6& step RF over LF, LF toe point to L and clap to R, clap to R(&)

7 8 step LF over RF, RF toe point to R and clap to L

S2[9-16] FWD ROCK, RECOVER, BACK SHUFFLE, BACK ROCK, RECOVER, FWD SHUFFLE(12:00)

1 2 rock RF forward, recover on LF

3&4 step RF back, ball step LF next to RF, step RF back

5 6 rock LF back, recover on RF

7&8 step LF forward, ball step RF next to LF, step LF back

S3[17-24] FWD AND HIP ROLL CCW - 1/4 L RECOVER AND HIP TOUCH * 4 (12:00)

step RF forward with hip roll CCW(to right from left), 1/4 L LF in place(9:00) and hip touch

with R hand

3 4 step RF forward with hip roll CCW(to right from left), 1/4 L LF in place(6:00) and hip touch

with R hand

step RF forward with hip roll CCW(to right from left), 1/4 L LF in place(3:00) and hip touch

with R hand

7 8 step RF forward with hip roll CCW(to right from left), 1/4 L LF in place(12:00) and hip touch

with R hand

S4[25-32] CROSS ROCK, RECOVER, 3/4 R SHUFFLE, SIDE ROCK, RECOVER, CROSS, SIDE POINT(9:00)

1 2 rock RF over LF, recover on LF

3&4 1/4 R RF forward(3:00), 1/4 R LF next to RF(6:00), 1/4 R RF forward(9:00)

rock LF side to R, recover on RFcross LF over RF, RF toe point to R

** TAG(8C)

S[1-8] ROCKING CHAIR * 2

1-4 rock RF forward, recover on LF, rock RF back, recover on LF
5-8 rock RF forward, recover on LF, rock RF back, recover on LF

The Dance Is The Best Play! Have Fun! □

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