

Mamama 2022

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Nena Moerina (INA) - October 2022
音乐: Hey Mama (feat. Nicki Minaj, Bebe Rexha & Afrojack) - David Guetta



No tag, No restart

Section 1 - Samba whisk , Rocking chair ,botafogo

- 1 a 2. Step RF to R, Step Ball of LF Behind RF, Step RF in place 12:00
- 3 a 4. Step LF to L, Step Ball of RF Behind LF, Step LF in place 12:00
- 5 & 6& Step RF forward, recover on LF, step RF backward ,recover on Lf
- 7 & 8. Cross RF over LF, Step LF slightly to L Side, Step RF in place 12:00

Section 2 - Cross syncopated ,Side touch,close touch,Quarter turn right diamond

- 1&2. Step LF cross over RF , RF side , LF cross over RF
- &-3. RF side , LF cross over RF
- &-4. RF side touch point , RF close touch beside LF
- 5 & 6. Cross RF over L(5) Step LF to side (&) Turn 1/8 R, step RF back and L back(6)
- 7 & 8. Step LF back (7) Turn 1/8 R, step RF to side (&) Step L forward (8)

Section 3 - Forward Skate R-L (2x) , Monterey turn ¼ right, side touch and close (2x)

- 1234. Right forward diagonal skate, Left forward diagonal next to, Right forward diagonal skate , left forward diagonal next to.
- 5&6& RF side touch point- Turn 1/4 right Step RF to side - Touch Lf to side- Close L together
- 7&8& RF side touch point , RF close touch beside LF, RF side touch point , RF close touch beside LF

Section 4 - Side step and close R-L , Press Right Forward , press Left forward

- 1234. Step RF to side ,close LF side R, Step Lf to side, close RF side L
- 5678. Press RF fwd (body facing 1/8L), recover on RF, press LF fwd (body facing 1/8 R), recover on LF

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