

Live Fast & Never Look Back

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dillon Josiah (USA) - February 2023
音乐: Mama (feat. William Singe) - Jonas Blue



[1-8] Cross-Point, Weave R, R Step L ¼ Turn Sweep, Coaster Step

1, 2 Cross R over L (1), Point L to L side (2)
3&4 Step L behind R (3), Step R to R side (&), Cross L over R (4)
5,6 Step R (5), L ¼ Turn Sweep (6) (9:00)
7&8 Step back on L (7), Step R next to L (&), Step forward on L (8)

[9-16] R Wizard, L Wizard, Chase Turn, Full Turn

1,2& Step angle forward R (1), cross L behind R (2), step side R (&),
3,4& Step angle forward L (3), cross R behind L (4), step side L (&),
5&6 Step R forward (5), pivot ½ turn L taking weight on L (&), step R slightly forward (6), (3:00)
7,8 Making ½ turn R step LF back (7), Making ½ R step RF forward (8),

[17-24] Rotating Hip Bumps, ¼ Turn L Rock, Replace, Cross shuffle LRL

1&2 Step L Turning ½ and bump L hip (1), Back (&), Forward (2)
3&4 Step R Turning ½ and bump R hip (3), Back (&), Forward (4)
5,6 ¼ Side rock L (5) Replace weight R (6)
7&8 Cross L over R (7), step R together (&), step L over R (8), (6:00)

[25-32] ¼ Heel Jack and Step, Full Turn, Shuffle

1,2&3&4 Step side on R (1), cross L behind R (2), step back on R(&),¼ turn touch L heel diagonally(3),
Replace weight L (&) Step R (4) (3:00)
5,6 Making ½ turn L step LF back (5), Making ½ R step RF forward (6)
7,8 Step forward on L (7) Step R behind L (&) Step forward on L (8)