

Mom's Song

拍数: 32 墙数: 4 级数: Improver
编舞者: Lindsay Stamp (USA) - May 2023
音乐: Mom (feat. Kelli Trainor) - Meghan Trainor



#16 count Intro from the music start

(1-8) Right Foot Lead (Rolling grapevine to the right. Sway left and step touch, then right.)

1, 2, 3, 4 Clockwise rolling grapevine to right. Step R $\frac{1}{4}$, L $\frac{1}{2}$, R $\frac{1}{4}$, touch L next to R
5, 6 Sway and step L out to L, touch R next to L
7, 8 Sway and step R out to R, touch L next to R

(1-8) Left Foot Lead (Rolling grapevine to the left. Sway right and step touch, then left)

1, 2, 3, 4 Counter-clockwise rolling grapevine to left. Step L $\frac{1}{4}$, R $\frac{1}{2}$, L $\frac{1}{4}$, touch R next to L
5, 6 Sway and step R out to R, touch L next to R
7, 8 Sway and step L out to L, touch R next to L

(17-24) Right Foot Lead (3/4 turn with a toe point. Full turn with a sweep.)

1, 2, 3, 4 Turning clockwise, step R $\frac{1}{4}$, step L $\frac{1}{4}$, step R back $\frac{1}{4}$, point L toe, touching slightly forward from R.
5, 6, 7, 8 Full turn counter-clockwise. Step L down, Step R $\frac{1}{2}$, step L $\frac{1}{2}$. Sweep R toe in a half circle out to R bringing forward.

(25-32) Right Foot Lead (Box step R, sailor step R, sway R then L.)

1, 2, 3, 4 Step R over L, step L back, Step R out to R, step L next to R
5 & Step R behind L, Step L to L, Step R to R
7, 8 Sway hips to R, Sway hips to L
