

Told My Mom

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Diana Oglesby (USA) - August 2023
音乐: I Told My Mom About You - Madeline Consoer



Intro: 16 counts, start with weight on L

** 0 Tags, 0 Restarts

S1 (1-8) R-L TOE-HEEL STRUTS, ROCK R FWD, RECOVER, R BACK-SIT, 2 R HIP BUMPS

1-4 Touch R toe forward (1), lower R heel (2), touch L toe forward (3), lower L heel (4)

5-8 Rock R forward (5), recover to L (6), step R back into a sit and bump hips R twice (7-8)

S2 (9-16) ROCK L BACK, RECOVER, L FWD SHUFFLE, R FWD, TURN ¼ L, R BEHIND, L SIDE, R CROSS

1-2-3&4 Rock L back (1), recover to R (2), step L forward (3), step R together (&), step L forward (4)

5-6-7&8 Step R forward (5), turn ¼ L and step L side (6), cross R behind (7), step L side (&), cross R over (8) (9:00)

S3 (17-24) ROCK L SIDE, RECOVER, L CROSSING SHUFFLE, ROCK R SIDE, RECOVER, R CROSSING SHUFFLE

1-2-3&4 Rock L side (1), recover to R (2), cross L over (3), step R together (&), cross L over (4)

5-6-7&8 Rock R side (5), recover to L (6), cross R over (7), step L together (&), cross R over (8)

S4 (25-32) ROCK L FWD, RECOVER, ½ L TURNING SHUFFLE, R-L KICK-BALL-POINT

1-2-3&4 Rock L forward (1), recover to R (2), ½ L turning shuffle L-R-L (3&4)

5&6-7&8 Kick R forward (5), step R together (&), point L side (6), kick L forward (7), step L together (&), point R side (8)

S5 (33-40) R TOGETHER and TURN ¼ L, TOUCH L TOGETHER, L BACK COASTER, WALK R FWD, WALK L FWD, R FWD STEP-LOCK-STEP

1-2-3&4 Step R together (1), turn ¼ L and touch L together (2), step L back (3), step R together (&), step L forward (4)

5-6-7&8 Step R forward (5), step L forward (6), step R forward (7), lock L behind (&), step R forward (8)

S6 (41-48) ROCK L FWD, RECOVER, TURN ¼ L and L SIDE SHUFFLE, R ROCKING CHAIR

1-2-3&4 Rock L forward (1), recover to R (2), turn ¼ L and step L side (3), step R together (&), step L side (4)

5-8 Rock R forward (5), recover to L (6), rock R back (7), recover to L (8)

REPEAT

Other Instructions

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