

Mother LA

拍数: 32 墙数: 4 级数: High Beginner
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音乐: Mother - Meghan Trainor



1 Tag 16 counts After wall 4 (09.00 & 12.00)

2 Restart

on wall 3 after 24 counts (06.00)

on wall 6 after 24 counts (03.00)

Start on Vocal

S1. *(TOE TOUCH - HEEL TOUCH - CROSS)RL*

1-2 Touch R toe beside L with close R knee facing diagonal left, Touch R heel to side
3-4 Cross R over L, Hold
5-6 Touch L toe beside R with close L knee facing diagonal right, Touch L heel to side
7-8 Cross L over R, Hold

S2. *WEAVE - TWIST HEEL TOE*

1-2 Cross R over L, Step L to side
3-4 Cross R behind L, Step L to side
5-6 Move both heels to right , move both toes to right
7-8 Move both heels to right , move both toes to right

S3. *ROCKING CHAIR - CAMEL STEP RLRL*

1-2 Step R forward, Recover on L
3-4 Step R backward, Recover on L
5-6 Step R forward with close touch L beside R, Step L forward with close touch R beside L
7-8 Step R forward with close touch L beside R, Step L forward with close touch R beside L

Restart Here on wall 3 and 6

S4. *(DIAGONAL - CLOSE TOUCH)RL - TURN ¼ TO RIGHT - (SIDE - SIDE TOUCH WITH HIP BUMP)RL*

1-2 Step R diagonal forward to right , Close touch L beside R
3-4 Step L diagonal forward to left , Close touch R beside L
5-6 ¼ turn right Step R to side (03.00), Touch L to side with bump hip to left
7-8 Step L to side, Touch R to side with bump hip to right

TAG 16 counts after wall 4

HIP BUMP RL - HIP ROLL - FLICK - HIP BUMP LR - HIP ROLL - FLICK (facing 9.00)

1-2 Bump hip to right, Bump hip to left
3-4 Roll hip to right - quick kick L back with point toe flexed knee heel up
5-6 Bump hip to left, Bump hip to right
7-8 Roll hip to left - quick kick R back with point toe flexed knee heel up

TURN ¼ TO RIGHT WITH HIP BUMP RL - HIP ROLL - FLICK - HIP BUMP LR - HIP ROLL - FLICK (facing 12.00)

1-2 ¼ Turn right step R to side with Bump hip to right, Bump hip to left
3-4 Roll hip to right - quick kick L back with point toe flexed knee heel up
5-6 Bump hip to left, Bump hip to right
7-8 Roll hip to left - quick kick R back with point toe flexed knee heel up

Thank You ☐

Happy Dancing
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