

# Here's to Our Mamas

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Nathan Lee (USA) - February 2025  
音乐: Powerful Women - Pitbull & Dolly Parton



Start on "Woman"- no tags- no restarts

## [1-8] STOMP, SWIVELS, SIDE-BEHIND-CROSS X2

1                    Stomp R diagonally forward (1)  
2,3,4                Swivel L foot toward R: heel (2), toe (3), heel (4)  
5&6                 Step L out (5), Step R behind L (&), Cross L over R (6)  
7&8                 Step R out (7), Step L behind R (&), Cross R over L (8)

## [9-16] ¼ PIVOT, CROSS AND CROSS, ¼ JAZZ BOX w/ A CROSS

1,2                    Step L forward (1), Pivot ¼ over R shoulder (2)  
3&4                    Cross L over R (3), Step R out (&), Cross L over R (4)  
5,6,7,8                Cross R over L (5), While turning ¼ step back on L (6), Step R out (7), Step L together (8)

## [17-24] KICK BALL CROSS X2, ¼ PIVOT, ½ PIVOT

1&2                    Kick R foot out (1), Step back on R foot (&) Cross L over R (2)  
3&4                    Kick R foot out (3), Step back on R foot (&) Cross L over R (4)  
5,6                    Step out R (5), Pivot ¼ over L shoulder (6)  
7,8                    Step out R (7), Pivot ½ over L shoulder (8)

## [25-32] SUGARFOOT R, SUGARFOOT L, STOMP, STOMP, HIP SHAKE

1&2                    Touch R toe next to L (1), Touch R heel next to L (&), Stomp R next to L (2)  
3&4                    Touch L toe next to R (3), Touch L heel next to R (&), Stomp L next to R (4)  
5,6                    Stomp R foot down next to L (5), Stomp L foot down next to R (6)  
7,8                    Sway hips to R side (7), Sway hips to L side (8)

Last Update: 7 Feb 2025

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