

Mama Said

拍数: 32 墙数: 4 级数: Improver
编舞者: Daniel Exton (UK) - February 2025
音乐: High Hopes - Panic! At the Disco



Intro: 32 Counts. Start at approx 10 secs.

SEC 1 MAMBO, BACK ROCK, HEEL, TOE, SHUFFLE, STEP ¼, CROSS, SIDE

1&2 Right foot forward, Left foot forward, Right foot back
3&4& Rock Back on Left foot, Recover onto Right, Left heel forward, Left toe back
5&6 Left foot forward, Right next to Left, Left foot forward
7&8& Step forward on Right, ¼ turn Left, Cross Right over Left, Left to Left side (9:00)

SEC 2 WEAWE, SIDE ROCK, WEAWE, MONTEREY ½ X2

1&2& Right behind Left, Left to Left side, Right cross over Left, Rock Left to Left side
3&4& Recover onto Right, Left behind Right, Right to Right side, Left cross over Right
5&6& Point Right to Right side, Return Right with ½ turn, Point Left to Left side, Return Left (3:00)
7&8& Point Right to Right side, Return Right with ½ turn, Point Left to Left side, Return Left (9:00)

Restart Here on Wall 3

SEC 3 HEEL, TOE, ROCK, SHUFFLE BACK, BACK ROC, JAZZBOX ¼ SCUFF, OUT, OUT

1&2& Right heel forward, Right toe back, Rock forward on Right, Recover onto Left
3&4 Right foot Back, Left next to Right, Right foot back
5&6& Rock back on Left, Recover onto Right, Cross Left over Right, Right foot back
7&8& Left to Left side with ¼ turn, Scuff Right foot forward, Right out, Left out (6:00)

SEC 4 TOE HEEL STOMP X2, STEP ½ PIVOT, SIDE ¼, SAILOR STEP

1&2 Right toe next to Left, Right heel next to Left, Stomp Right foot
3&4 Left toe next to Right, Left heel next to Right, Stomp Left foot
5&6 Step Right foot forward, ½ turn Left, Step Left to side with ¼ turn Left (9:00)
7&8 Left behind Right, Right to Right side, Left to Left side