## Mama Ain't Happy



**拍数**: 16 **墙数**: 4 **级数**: Beginner

编舞者: Rick Bates (USA) & Deborah Bates (USA)

音乐: The Bath - 4 Sisters & A Cousin



## TOE TOUCHES, CROSS STEP, TOE TOUCHES, CROSS STEP

1-2	Touch right toe to the right; cross right toe behind left and touch

3-4 Touch right toe to the right; step forward and diagonally to the left on right foot, crossing in

front of left

5-6 Touch left toe to the left; cross left toe behind right and touch

7-8 Touch left toe to the left; step forward and diagonally to the right on left foot, crossing in front

of right

## ROCK STEP, LUNGE BACK WITH ¼ TURN, TOGETHER, SYNCOPATED TOE SWITCHES, FORWARD STEP, TOGETHER

9-10 Step forward on right foot; rock back onto left foot in place

11-12 Take a long step back on right foot making a ¼ turn to the right with the step; step left foot

next to right

13 Touch right toe forward

&14 Step right foot next to left; touch left toe forward
&15 Step left foot next to right; step forward on right foot

16 Step left foot next to right

## **REPEAT**