

Mama Jazz

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Bill Bader (CAN)
音乐: Mama Knew Best - The Borderers



Intro: 64 counts (Do NOT start at the Ooh-oo's)

HEEL, LIFT, HEEL, HOLD, BEHIND, ¼ TURN, FORWARD, HOLD

1-2 Touch right heel on right forward diagonal, lift right foot slightly bending right knee
3-4 Touch right heel again on the same spot, hold
5-6-7-8 Cross step right behind left, step left to left side turning ¼ left, step right forward, hold

FORWARD, ROCK, BACK, ROCK, FORWARD, HOP (TURN ¼), TOGETHER, HOLD

1-2 Step left forward, rock back onto right
3-4 Step left back, rock onto right
5-6 Step left forward, hop right forward turning ¼ left
7-8 Step left beside right, hold

Comic option on count 8 on walls 2, 5, 8: slap right "hip area". (very "flapper"!)

"THE CHARLESTON": KICK, HOLD, BACK, HOLD, TOUCH BACK, HOLD, FORWARD, HOLD

1-2 Kick right forward, hold
3-4 Step right back, hold
5-6 Touch left toe back, hold
7-8 Step left forward, hold

Styling for 17-24: you will definitely want to swing arms to counter-balance the footwork. And you can use "jazz hands" (fingers splayed). The true Charleston has the heel of the weighted foot swiveling, so try that option

FORWARD, ½ PIVOT, FORWARD, SLAP, STEP, CLAP, POSE, HOLD

1-2 Step right forward, pivot turn ½ left onto left
3-4 Step right forward, keeping knees together raise left heel to left side and slap left heel with left hand
5-6 Step left beside right, raise right knee toward left and clap
7-8 Point right toe to far right side and move arms out to sides palms down, hold

RIGHT, HOLD, CROSS, HOLD, RIGHT, TOGETHER, RIGHT, TOUCH

1-2 Step right beside left slightly apart, hold
3-4 Cross step left over right, hold
5-6-7 Step right to right side, slide/step left beside right, step right to right side
8 Slide/touch left toe beside right

DIAGONAL BACK, HOLD, CROSS, HOLD, BACK, CROSS, BACK, HEEL

1-2 Step left back on left diagonal, hold
3-4 Cross step right over left, hold
5-6-7 Step left back on left diagonal, cross step right over left, step left back on left diagonal
8 Touch right heel forward on diagonal

VAUDEVILLE RIGHT, VAUDEVILLE LEFT

1-2 Step right to right side, cross step left over right
3-4 Step right to right side, touch left heel forward on left diagonal
5-6 Step left to left side, cross step right over left
7-8 Step left to left side, touch right heel forward on right diagonal

LUNGE, HOLD, REPLACE, HOLD, JAZZ BOX TURN (CROSS, BACK, SIDE ¼ RIGHT, FORWARD)

- 1-2 Lunge step right to far right side and slightly back lifting left foot from the floor, hold
- 3-4 Replace weight onto left, hold
- 5-6 Cross step right over left, step left back
- 7-8 Step right to right side turning ¼ right, step left forward

REPEAT
