

Mama Knows

拍数: 68 墙数: 4 级数:
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音乐: Mama Knows the Highway - Hal Ketchum



CAMELS 45 DEGREES RIGHT, CAMELS 45 DEGREES LEFT.

1-2 Step right foot forward at 45 degrees twisting left heel to left, bring left beside right
3-4 Step right foot forward at 45 degrees twisting left heel to left, bring left beside right
5-6 Step left foot forward at 45 degrees twisting right heel to right, bring right beside left
7-8 Step left foot forward at 45 degrees twisting right heel to right, bring right beside left

SHUFFLE RIGHT, TURN, SHUFFLE LEFT

1&2& Shuffle right (right-left-right), turn ½ turn right
3&4 Shuffle left (left-right-left)

HALF TURN, HALF TURN, QUARTER TURN, ROCK FORWARD

5-6 Turn ½ turn right & step onto right foot, turn ½ turn right & step onto left
7-8 Turn ¼ turn right & step back onto right, rock forward onto left foot

QUARTER TURN SHUFFLE, CROSS-OVER SHUFFLE

1&2 Shuffle forward & turn ¼ turn left (right-left & turn right)
3&4 Cross left over right & shuffle right (left-right-left)

STEP TO SIDE, STEP BEHIND

5-6 Step right to side, step left behind right

STEP TO SIDE/IN FRONT, STEP TO SIDE/BEHIND, STEP TO SIDE/IN FRONT, SCUFF

&1&2 Step right to side & step left in front of right, step right to side & step left behind
&3-4 Step right to side & step left in front of right, scuff right

CROSS-OVER SHUFFLE, STEP TO SIDE, STEP BEHIND

5&6 Cross right over left & shuffle left (right-left-right)
7-8 Step left to side, step right behind left

STEP TO SIDE/IN FRONT, STEP TO SIDE/BEHIND, STEP TO SIDE/IN FRONT, SCUFF

&1&2 Step left to side & step right in front of left, step left to side & step right behind,
&3-4 Step left to side & step right in front of left, scuff left

CROSS OVER, THREE QUARTER TURN, HOLD

5-6 Cross left over right, turn ¾ turn right taking weight onto the left
7-8 Right heel forward, hold

JUMPS BACK

&1&2 Jump back onto right with left heel forward, jump back onto left with right heel forward
&3&4 Jump back onto right with left heel forward, jump back onto left with right heel forward

SAILOR STEPS

5&6 Step right behind left, step left to side, step right to side,
7&8 Step left behind right, step right to side, step left to side.

THREE QUARTER TURN, STEP, JUMP CROSS, JUMP APART

1-2 Turn ¾ turn right step onto right foot, step forward onto left foot

3-4 Jumping forward slightly cross left over right, jump feet apart

SHIMMIES FORWARD, SHIMMIES BACK

Pushing hands & arms downward

5&6& Shimmy shoulders forward for 2 beats

7&8 Shimmy shoulders back for 2 beats

HIPS, TURN

1-3 Sway hips right-left-right

4 Sway hips left turning $\frac{1}{4}$ turn right keeping weight on left foot

SHUFFLE BACK, TURN, SHUFFLE FORWARD

5&6& Shuffle backwards right-left-right, turn $\frac{1}{2}$ turn left

7&8 Shuffle forward left-right-left

STEP, TURN/TWIST. TWIST, TWIST/TURNS

1-2 Step forward onto right turning $\frac{1}{4}$ turn left twist both heels right

3-4 Twist both heels left, twist both heels right turning $\frac{1}{4}$ turn left

COASTER STEP

5&6 Step back onto left, step back onto right, step forward onto left

REPEAT
