

Mama Knows Best

COPPER KNOB
STEPMATS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Bill Bader (CAN)
音乐: Mama Knew Best - The Borderers



Intro: 32 counts (Do NOT start at the Ooh-ooh's)

2 CHARLESTONS (KICK FORWARD, STEP BACK, TOE BACK, STEP FORWARD)

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

Styling: put some bounce into these moves

Option: the original "Charleston" dance also has swiveling action of the weighted foot

RIGHT SIDE, TOGETHER, SIDE-TOGETHER-SIDE, LEFT SIDE, TOGETHER, SIDE-TOGETHER-SIDE-STOMP

1-2 Step right to right side, step left beside right
3&4 Step right to right side, step left beside right, step right to right side
5-6 Step left to left side, step right beside left
7&8 Step left to left side, step right beside left, step left to left side
& Stomp right heel down beside left

Keep right heel on the floor, do not bounce it

"FOOT BOOGIE": TOE FANS SINGLE RIGHT, SINGLE LEFT, DOUBLE RIGHT, SINGLE LEFT, SINGLE RIGHT, DOUBLE LEFT

1& Fan right toe out-in
2& Fan left toe out-in
3&4& Fan right toe out-in-out-in
5& Fan left toe out-in
6& Fan right toe out-in
7&8& Fan left toe out-in-out-in

FORWARD, ROCK, BACK, ROCK, FORWARD, HITCH, FORWARD, HITCH, FORWARD, HITCH, FORWARD, HITCH TURN ¼

1-2 Step right forward, rock back on left
3-4 Step right back, rock forward on left
5& Step right forward, raise left knee up in front of right knee
6& Step left forward, raise right knee up in front of left knee
7& Step right forward, raise left knee up in front of right knee
8& Step left forward, raise right knee up in front of left knee turning ¼ left

The final move has the right foot raised off the floor; the right foot will remain off the floor as you begin again with a kick

REPEAT