

# Mama Likes To Reggae

**COPPER KNOB**  
STEPSHEETS

拍数: 0                      墙数: 4                      级数:  
编舞者: M.A.D. (UK)  
音乐: Mama Likes To Reggae - The Bellamy Brothers



Sequence: Repeat sections AB eight times. Thereafter repeat section B to the end

## SECTION A

### JUMP OUT, JUMP IN, LEFT: TOE/HEEL/HOOK/HEEL/PLACE

- 1-2                      Jump both feet apart, jump both feet together (alternative steps:- touch left toe out to left side, touch in place)  
3-5                      Touch left toe in front, touch left heel in front, hook under right knee  
6-7                      Left heel out in front, back in place

### JUMP OUT, JUMP IN, RIGHT: TOE/HEEL/HOOK/HEEL/PLACE

- 8-9                      Jump both feet apart, jump both feet together (alternative steps:- touch right toe out to right side, touch in place)  
10-12                      Touch right toe in front, touch right heel in front, hook under left knee  
13-14                      Right heel out in front, back in place

### SHUFFLE FORWARD, ROCK STEPS

- 15&16                      Shuffle forward right, left, right  
17-18                      Rock forward on left (lifting right), rock back on right

### SHUFFLE BACK, ROCK STEPS

- 19&20                      Shuffle back left, right, left  
21-22                      Rock back on right (lifting left), rock forward on left

### SHUFFLE FORWARD, STEP PIVOT, STEP PIVOT

- 23&24                      Shuffle forward right, left, right  
25-26                      Step forward on left foot, pivot ½ turn right  
27-28                      Step forward on left foot, pivot ¼ turn right

### JUMP OUT, JUMP ACROSS, UNWIND ½ TURN, HIP THRUSTS

- 29-30                      Jump both feet apart, jump to cross right over left  
31-32                      Unwind ½ turn right, place both hands on back of neck  
33-34                      Two hip thrusts forward

## SECTION 'B'

### HIP ROLLS RIGHT AND LEFT WITH ARM LASSO

- 35-38                      Roll hips right, left, right, center making a circular lasso action with right arm  
39-42                      Roll hips left, right, left, center making a circular action with right arm

### SWIVEL IN PLACE LEFT, RIGHT, LEFT, CENTER

- 43-46                      Swivel both heels left, right, left, center  
Option: Swivel both heels and hips as you twist down then up

### HIP THRUSTS-TWICE

- 47-48                      Place both hands on the back of your neck and thrust hips forward twice