Mama Tried (P)

拍数: 64   **墙数:** 0   **级数:** Partner

编舞者: Pim Humphrey (UK)

音乐: Mama Tried - Merle Haggard

Position: Start facing LOD, side by side, lady slightly in front of man, no hand hold to start. Hold inside hands when ever you are side by side. Man's steps listed. Lady on opposite footwork

SIDE, TOGETHER, SIDE SHUFFLE, BACK ROCK, SHUFFLE
1-2-3&4   Step side right, step left by right, side shuffle (lady crosses in front of man)
5-6-7&8   Step back on left, recover weight on right, left shuffle forward

½ TURN, TRIPLE TURN, BACK ROCK, TRIPLE TURN
1-2-3&4   Step forward on right, pivot ½ turn left, turn ½ turn left with right, left, right
5-6-7&8   Step back on left recover weight on right, turn ½ turn right with left right left (now facing RLOD)

SIDE, TOGETHER, SIDE SHUFFLE, BACK ROCK, SHUFFLE
1-2-3&4   Step side right, step left by right, side shuffle (lady crosses in front on man)
5-6-7&8   Step back on left, recover weight on right, left shuffle forward

½ TURN, TRIPLE TURN, BACK ROCK, TRIPLE TURN
1-2-3&4   Step forward on right, pivot ½ turn left, turn ½ turn left with right left right
5-6-7&8   Step back on left recover weight on right, turn ½ turn right with left right left (now facing LOD)

BACK ROCK, SHUFFLE, TURN TOGETHER, SIDE SHUFFLE
1-2-3&4   Step back on right, recover weight on left, right shuffle forward
5-6-7&8   Turn ¼ right onto left foot, step right by left, side shuffle (now facing each other)

TURN ROCK, ½ TURN TRIPLE, BACK ROCK, SHUFFLE
1-2-3&4   Turn ¼ right onto right foot, recover weight on left, turn ½ turn left with right left right
5-6-7&8   Step back on left recover weight on right, left shuffle forward

¼ TURN, TOGETHER, SIDE SHUFFLE, TURN ROCK, ½ TURN TRIPLE
1-2-3&4   Turn ¼ left onto right foot, step left by right, side shuffle (now back to back)
5-6-7&8   Turn ¼ left onto left, recover weight on right, turn ½ turn right with left right left

BACK ROCK, SHUFFLE, WALK WALK SHUFFLE
1-2-3&4   Step back on right, recover weight on left, right shuffle forward
5-6-7&8   Walk forward left right, left shuffle forward

REPEAT