

Mama's Boogie

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数:
编舞者: Dottie Cirko (USA)
音乐: Fifty-Fifty - Keith Stegall



MAMBO SHUFFLES (SIDE BALL CHANGES)

1 Step right foot to side (put weight on it)
&2 Step left foot in place, bring right foot to meet left.
3 Step left foot to side (put weight on it)
&4 Step right foot in place, bring left foot to meet right
5&6 Repeat steps 1&2
7&8 Repeat steps 3&4

ROCK STEPS

9-12 Rock forward on right, back on left. Rock back on right, forward on left
3-16 Repeat steps 9-12

FORWARD HIP WALKS

17&18 Step right foot forward while bumping hips right twice
19&20 Step left foot forward while bumping hips left twice
21&22 Repeat steps 17&18
23&24 Repeat steps 19&20

ROCK STEPS & SHUFFLES

25-26 Rock forward on right, back on left
27&28 Right shuffle backwards
29-30 Rock back on left, forward on right
31&32 Left shuffle forward

PIVOT TURNS

33-34 Step forward on right, pivot $\frac{1}{2}$ turn to left (weight on left)
35-36 Step forward on right, pivot $\frac{1}{2}$ turn to left (weight on left)

SHOULDER SHIMMIES

37-40 Step right foot to right while shimmying shoulders (2 counts). Slide left next to right, then clap hands
41-44 Repeat steps 37-40
45-48 Step left foot to left while shimmying shoulders (2 counts). Slide right next to left, then clap hands
49-52 Repeat steps 45-48

KICK BALL CHANGES

53&54 Right kick ball change (kick right foot forward, touch right toe home (putting weight on it) step down on left foot with weight on it
55&56 Repeat steps 53&54

PIVOT TURNS

57-58 Step forward on right foot, pivot $\frac{1}{4}$ turn to left, clap on count 58
59-60 Step forward on right foot, pivot $\frac{1}{4}$ turn to left, clap on count 60

JAZZ BOX

61-64 Cross right foot over left, step back on left, step right foot to side, jump on both feet

REPEAT

Variation:

Instead of mambo shuffles (step ball changes) on counts 1-8, you can do 2 Monterey turns.

1-4 Touch right toe to side, turn $\frac{1}{2}$ turn to right on ball of left foot stepping down on right touch left toe to side, step left together.

5-8 Repeat steps 1-4
