

Mama's Jewels (P)

拍数: 32 墙数: 0 级数: Partner
编舞者: Nigel Payne (UK) & Barbara Payne (UK)
音乐: Mama Said - Dave Sheriff



RIGHT HEEL, TOE, RIGHT SHUFFLE, LEFT HEEL, TOE, LEFT SHUFFLE

1-2 Touch right heel forward, touch right toe back
3&4 Shuffle forward stepping right, left, right
5-6 Touch left heel forward, touch left toe back
7&8 Shuffle forward stepping left, right, left

RIGHT ROCK-RECOVER, RIGHT SHUFFLE BACK, LEFT SHUFFLE BACK, RIGHT BACK ROCK-RECOVER

9-10 Rock forward onto right, recover back on left
11&12 Shuffle back stepping right, left, right
13&14 Shuffle back stepping left, right, left
15-16 Rock back on right, recover back on left

Option for counts 11-14

11&12 Shuffle ½ turn right stepping right, left, right

Hands: drop left, raise right, man turns under raised right

13&14 Shuffle ½ turn right stepping left, right, left

Have now completed full turn & back in sweetheart

STEP, PIVOT ½ LEFT, RIGHT SHUFFLE, STEP, PIVOT ¼ TURN RIGHT, LEFT CROSS SHUFFLE

Hands: release left hands & raise right, bring right over ladies head & down behind mans back as you turn, join left hands in front of lady

17-18 Step forward on right, pivot ½ turn left, (weight on left)

Now facing RLOD

19&20 Right shuffle forward stepping right, left, right

21-22 Step forward on left, pivot ¼ turn right, (weight on right)

Hands: bring hands down to man waist as you turn, now facing ILOD, lady behind man

23&24 Cross left over right, step right to right side, cross left over right

SIDE-BEHIND, CHASSE ¼ TURN, WALK LEFT, RIGHT, LEFT SHUFFLE

25-26 Step right to right side, cross left behind right

27&28 Step right to right side, step left beside right, step right to right side turn ¼ turn right

Hands: as you turn ¼ right release left hands & raise rights & take right hands over ladies head

Now back in sweetheart facing LOD

29-30 Walk forward left, right

31&32 Left shuffle forward stepping left, right, left

Slightly harder option for counts 25-32

¾ TURN LEFT, RIGHT SHUFFLE, WALK LEFT, RIGHT, LEFT SHUFFLE

Hands: release right hands & raise left hands taking left over ladies head as you both turn, ending back in sweetheart position

25 Step right to right side turning ¼ turn left, (now facing RLOD)

26 On ball of right pivot ½ turn left stepping left foot forward (now facing LOD)

27&28 Right shuffle forward stepping right, left, right

29-30 Walk forward left, right

31&32 Left shuffle forward stepping left, right, left

REPEAT