

Mamma Told Me

拍数: 32 墙数: 0 级数:
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音乐: Mamma Told Me (Not To Come) - Tom Jones & Stereophonics



LEFT ROCK STEP, KICK HOOK PIVOT, LEFT SHUFFLE, SCUFF HITCH BACK

- 1-2 Rock left foot to side, rock back on right
- 3-4 Kick left foot across right, hook left foot in front of right knee, making ¼ turn to the left
- 5&6 Shuffle forward, left, right, left
- 7&8 Scuff right foot forward, hitch right knee, step right instep behind left foot (3rd pos)

LEFT HEEL & TOE, HEEL & TOE, HITCH ¼, COASTER STEP

- 1&2 Place left heel forward, step left foot in place, touch right toe next to left
- 3&4 Place left heel forward, step left foot in place, touch right toe next to left
- 5-6 Hitch right knee, make ¼ turn to right(keeping right knee raised)
- 7&8 Right coaster step

TAP TWICE & TURN, TAP TWICE, STEP PIVOT, LEFT SHUFFLE

- 1-2 Step forward on left foot and tap left heel twice.& pivot ½ turn to the right
- 3-4 Tap right heel twice
- 5-6 Step forward on left foot, pivot ½ turn to the right
- 7&8 Shuffle forward, left, right, left

ROCK RECOVER, SIDE CHASSIS, TOUCH ACROSS, SIDE, KICK BALL FORWARD

- 1-2 Rock right foot forward, rock back on left making ¼ turn to right
- 3&4 Step right to the side, step left together, step right to the side
- 5-6 Touch left toe across in front of right, touch left toe to the side
- 7&8 Kick left foot forward, step on ball of left foot, step forward on right

REPEAT
