

Me Ma's Sham Rock

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Matthew Atkins (UK)
音乐: Tell Me Ma - Sham Rock



- 1&2 Point right to right side, hitch right in front of left, cross right over left
3&4 Step left back, step right beside left, step left forward
5-6 Rock right to right side, recover onto left
7&8 Step right to right side, step left beside right, step right to right
- 1-2 Rock left in front of right, recover on right
3&4 Triple a full reverse turn over left shoulder on a left, right, left
5&6 Put right heel forward, step right foot together, put left heel forward
&7-8 Step left foot together, put right heel forward, clap
- 1-2 Step onto left, pivot half a turn right
3&4 Left shuffle
5-6 Rock forward onto right, recover on left
7&8 Triple a three quarter turn right on a right, left, right
- 1-2 Rock left forward, back on right
3&4 Coaster step left
5-6 Point right to right, place it beside left
7-8 Pivot half turn pointing left, bring in place
- 1 Rock diagonally forward to left on right foot
& Step left foot in place
2 Rock diagonally back to right on right foot, kicking left foot forward
& Step left foot in place
3 Rock diagonally forward to left on right foot
& Step left foot in place
4 Rock diagonally back to right on right foot, kicking left foot forward
& Step left foot in place
5 Rock diagonally forward to left on right foot
& Step left foot in place
6 Rock diagonally back to right on right foot, kicking left foot forward
& Step left foot in place rock diagonally forward to left on right foot
7 Step left foot in place
& Rock diagonally back to right on right foot, kicking left foot forward
8 Step left foot in place
- 1-2 Rock right to right, recover on left
3&4 Sailor step half turn
5&6 Forward mambo right
7&8 Back mambo left
- 1-2 Step right to right, hold
&3-4 Ball change, hold
&5-6 Ball change, hold
7&8 Left sailor step with quarter turn left

1-8

Full turn, mambo step forward, two walks back, coaster step

REPEAT
