

Oh Mama

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Mama - Miko Marks



SIDE STEP LEFT, SLIDE, CHASSE ¼ TURN RIGHT, STEP, PIVOT ¾ TURN RIGHT, SIDE STEP, TOUCH

1-2 Long step left to left side - swaying hips left, slide/drag right beside left, (weight on left)
3&4 Step right to right side, close left beside right, turn ¼ turn right stepping forward on right
5-6 Step forward on left, pivot ¾ turn right, (weight on right)
7-8 Long step left to left side - swaying hips left, slide/drag right beside left, (weight on left)

SIDE STEP RIGHT, SLIDE, CHASSE ¼ TURN LEFT, STEP, PIVOT ¾ TURN LEFT, SIDE STEP, TOUCH

1-2 Long step right to right side - swaying hips right, slide/drag left beside right, (weight on right)
3&4 Step left to left side, close right beside left, turn ¼ turn left stepping forward on left
5-6 Step forward on right, pivot ¾ turn left, (weight on left)
7-8 Long step right to right side - swaying hips right, slide/drag left beside right, (weight on right)

BACK ROCK, LEFT SHUFFLE ½ TURN RIGHT, BACK ROCK, RIGHT SHUFFLE ½ TURN LEFT

1-2 Rock back on left, rock forward on right, (facing 12:00)
3&4 Left shuffle forward turning ½ turn right stepping, left, right, left
5-6 Rock back on right, rock forward on left
7&8 Right shuffle forward turning ½ turn left stepping, right, left, right, (facing 12:00)

STEP BACK, TOUCH, ¼ TURN RIGHT, POINT, CROSS, SIDE, BEHIND & CROSS

1-2 Step back on left - upper body turned slightly left, touch right toe across left and click fingers
3-4 Turn ¼ turn right stepping forward on right, point left toe out to left side, (facing 3:00)
5-6 Cross step left over right, step right to right side
7&8 Cross left behind right, step right to right side, cross step left over right

HIP SWAYS, ¼ TURN LEFT WITH HOOK, STEP, LOCK, LEFT LOCK STEP FORWARD

1-2 Step right to right side swaying hips right, sway hips left
3-4 Sway hips right, on ball of right, turn ¼ turn left hooking left heel across right shin
5-6 Step forward on left, lock right behind left
7&8 Step forward on left, lock right behind left, step forward on left, (facing 12:00)

FORWARD ROCK, TRIPLE STEP FULL TURN RIGHT, CROSS ROCK, CHASSE ¼ TURN LEFT

1-2 Rock forward on right, rock back on left
3&4 Right triple step on the spot turning full turn right stepping, right, left, right
5-6 Cross rock left over right, rock back on right
7&8 Step left to left side, close right beside left, turn ¼ turn left stepping forward on left

CROSS, BACK, ¼ TURN CHASSE RIGHT, CROSS, ¼ TURN LEFT, LEFT SHUFFLE ½ TURN LEFT

1-2 Cross step right over left, step back on left, (facing 9:00)
3&4 Turn ¼ turn right stepping right to right side, close left beside right, step right to right side
5-6 Cross step left over right, turn ¼ turn left stepping back on right
7&8 Left shuffle back turning ½ turn left stepping, left, right, left, (facing 3:00)

FORWARD ROCK, RIGHT LOCK STEP BACK, TOUCH BACK, REVERSE PIVOT ½ TURN LEFT, RIGHT SCISSOR ¼ TURN

1-2 Rock forward on right, rock back on left
3&4 Step back on right, lock step left across right, step back on right

5-6

Touch left toe back, reverse pivot $\frac{1}{2}$ turn left, (weight on left)

7&8

Turn $\frac{1}{4}$ turn left rocking right to right side, close left beside right, cross step right over left, (facing 6:00)

REPEAT
