

Tell Mama

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Tell Mama - Lorraine Delaney



- 1&2 Step right beside left, step ball of left to left side, replace weight to right
3&4 Step left behind right, step ball of right to right side, replace weight to left (sailor shuffle)
5-8 Step right to right side, slide left beside right, step right to right side, scuff left at 45 degrees right
- 1-3 Rock/step left over right at 45 degrees right, rock back on right, step left into ¼ turn left
&4 Step onto ball of right slightly forward starting a ¾ turn left, step onto left completing the turn
5-6 Step/rock right to right side, replace weight to left
7&8 Step right behind left, step ball of left to left side, replace weight to right (sailor step)
- &1-2 Step left beside right, touch right toe to right side, hold
&3-4 Step right beside left, touch left to left side, hold
&5&6 Step left beside right, touch right to t side, step right beside left, touch left to left side
&7-8 Step left beside right, touch right toe to right side, step forward on right
- 1-2 Step forward on left, turn ¼ turn left & rock right to right side
3&4 Shuffle to left side left-right-left turning ¼ turn left on last step of shuffle
5-6 Turn ½ turn left & step back on right, step back left
7&8 Step right back, step left beside right, step forward on right (coaster step)
- 1&2 Shuffle to left side left-right-left turning ¼ turn left on count 2
3-4 Traveling forward step right-left turning a full turn left
5&6 Shuffle forward left-right-left
7-8 Traveling forward step left-right turning a full turn right
- 1-2 Step/rock forward on left, rock back onto right
3&4 Coaster step - step back on left, step right beside left, step forward on left
5-6 Step right foot forward, step left beside right
7&8 Hold, step ball of right to right side, step left to left side

REPEAT
