

Alright Mamma

COPPERKNOB
STEPSHEETS

拍数: 80 墙数: 4 级数: Intermediate
编舞者: Steve Mason (UK)
音乐: Ring Around Your Neck - John Dean



CHARLESTON STEPS TWICE

1-4 Touch right toes forward, swing right leg back, step back on right foot, hold
5-8 Touch left toes back, swing left leg forward, step forward on left foot, hold
9-12 Touch right toes forward, swing right leg back, step back on right foot, hold
13-16 Touch left toes back, swing left leg forward, step forward on left foot, hold

STEP, ½ PIVOT, STEP, HOLD, WALK, HOLD, WALK, HOLD, ROCK, RECOVER, ½ SHUFFLE TURN

17-20 Step forward on right foot, ½ pivot turn left, step forward on right foot, hold
21-24 Step forward on left foot, hold, step forward on right foot, hold
25-28 Rock step forward on left foot, hold, recover weight to right foot, hold
29-32 Making ½ left stepping left, right, left, hold

CROSS, SIDE, BEHIND & CROSS, SCISSOR STEP, ¼ TURN, ¼ TURN

33-36 Cross step right foot over left foot, hold, step left foot to left side, hold
37-40 Cross step right foot behind left, step left foot to left side, cross step right foot over left, hold
41-44 Step left foot to left side, step right foot beside left foot, cross step left foot over right foot, hold
44-48 Turn ¼ left stepping back on right foot, hold, ¼ turn left stepping left foot to left side, hold

CROSS, SIDE, BEHIND & CROSS, SCISSOR STEP, ¼ TURN, ¼ TURN

49-52 Cross step right foot over left foot, hold, step left foot to left side, hold
53-56 Cross step right foot behind left, step left foot to left side, cross step right foot over left, hold
57-60 Step left foot to left side, step right foot beside left foot, cross step left foot over right foot, hold
61-64 Turn ¼ left stepping back on right foot, hold, ¼ turn left stepping left foot to left side, hold

STEP, CLAP, STEP, CLAP, KICKBALL STEP, ¼ STRUTTING JAZZ BOX

65-68 Step forward on right foot, clap, step forward on left foot, clap
69-72 Kick right foot forward, step right foot next to left foot, step forward on left foot, hold
73-76 Cross right toes over left foot, drop heel to floor, step left toes back, drop heel to floor
77-80 Turn ¼ turn right stepping right toes to right side, drop heel to floor, touch left toes forward, drop heel to floor

REPEAT
