

Mama

拍数: 64 墙数: 4 级数: Beginner
编舞者: Andy Chumbley (USA) - July 2007
音乐: Mama - Miko Marks : (CD: New Country Vol 32 or Freeway Bound)



16 count intro or if using CD Freeway Bound there is a 32 count intro

FORWARD LOCKSTEPS X 2

1-2 Step forward on right to right diagonal, step left behind right
3-4 Step forward on right to right diagonal, brush left forward
5-6 Step forward on left to left diagonal, step right behind left
7-8 Step forward on left to left diagonal, brush right forward (12:00)

1/4 TURN RIGHT, WEAWE TO RIGHT

1-2 Cross right over left, turn 1/4 turn right stepping back on left
3-4 Step right to right, cross left over right
5-6 Step right to right, step left behind right
7-8 Step right to right, cross left over right (3:00)

1/2 TURN LEFT, FORWARD SHUFFLES, SWAY

1-2 Turn 1/4 turn left stepping back on right, turn 1/4 turn left stepping left to left
3&4 Step right forward, step left next to right, step right forward
5&6 Step left forward, step right next to left, step left forward
7-8 Stepping forward diagonally on right sway hips right, left (weight on left) (9:00)

VINE RIGHT, VINE LEFT, 1/4 TURN LEFT

1-2 Step right to right, step left behind right
3-4 Step right to right, touch left beside right
5-6 Step left to left, step right behind
7-8 Step left 1/4 turn to left, touch right next to left (6:00)

FORWARD LOCKSTEPS X 2

1-2 Step forward on right to right diagonal, step left behind right
3-4 Step forward on right to right diagonal, brush left forward
5-6 Step forward on left to left diagonal, step right behind left
7-8 Step forward on left to left diagonal, brush right forward (6:00)

ROCK RECOVER, LOCKSTEP BACK, WALK, WALK

1-2 Rock forward on right, recover on left
3&4 Step back on right, cross left over right, step back on right
5-6 Rock back on left, recover on right
7-8 Step forward on left, step forward on right (6:00)

1/2 TURN RIGHT, SHUFFLE, STEP TOUCHES X 2

1-2 Step forward on left, turn 1/2 turn right stepping forward on right
3&4 Step forward on left, step right next to left, step forward on left
5-6 Step right to right diagonal, touch left next to right
7-8 Step left to back diagonal, touch right next to left (12:00)

1/4 TURN VINE TO RIGHT, SIDE STEP, ROCK CROSS

1-2 Step right to right, step left behind right
3-4 Step right 1/4 turn right, touch left next to right
5-6 Step left to left, hold
7-8 Step right back slightly, cross left over right (3:00)

