

Home To Mamma

拍数: 144 墙数: 2 级数: Intermediate
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音乐: Home to Mamma - Patrizio Buanne



Start on the vocal (8,8,6,8,8)

[A WITH 1/4 TURN RIGHT]

RIGHT SHUFFLE, LEFT SHUFFLE, FORWARD ROCK, RECOVER, 1/2 TURN RIGHT SHUFFLE (TWICE)

1 & 2 Step forward on RIGHT, close LEFT beside right, step RIGHT forward
3 & 4 Step Forward on LEFT, close RIGHT beside left, step LEFT forward
5 - 6 Rock forward on RIGHT, recover on LEFT (ready to turn))
7 & 8 Shuffle step forward making 1/2 turn right, stepping - RIGHT, LEFT, RIGHT
9 & 10 Shuffle step backward making 1/2 turn right, stepping - LEFT, RIGHT, LEFT

SIDE ROCK, RECOVER, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, BEHIND, 1/4 TURN RIGHT, STEP FORWARD

1 - 2 Rock RIGHT to right, recover weight onto LEFT
3 & 4 Step RIGHT behind left, step LEFT to left, cross RIGHT over left
5 - 6 Rock LEFT to left, recover weight onto RIGHT
7 & 8 Step LEFT behind right, step RIGHT forward with 1/4 turn right, step LEFT forward (facing 3:00)

[A WITHOUT TURN]

RIGHT SHUFFLE, LEFT SHUFFLE, FORWARD ROCK, RECOVER, 1/2 TURN RIGHT SHUFFLE (TWICE)

1 & 2 Step forward on RIGHT, close LEFT beside right, step RIGHT forward
3 & 4 Step Forward on LEFT, close RIGHT beside left, step LEFT forward
5 - 6 Rock forward on RIGHT, recover on LEFT (ready to turn))
7 & 8 Shuffle step forward making 1/2 turn right, stepping - RIGHT, LEFT, RIGHT
9 & 10 Shuffle step backward making 1/2 turn right, stepping - LEFT, RIGHT, LEFT

SIDE ROCK, RECOVER, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, BEHIND SIDE CROSS

1 - 2 Rock RIGHT to right, recover weight onto LEFT
3 & 4 Step RIGHT behind left, step LEFT to left, cross RIGHT over left
5 - 6 Rock LEFT to left, recover weight onto RIGHT
7 & 8 Step LEFT behind right, step RIGHT to right, cross LEFT over right

[B STARTS WITH RIGHT]

ROCKING CHAIR, 1/2 TURN LEFT SHUFFLE, BACK ROCK, RECOVER, 1/2 TURN RIGHT SHUFFLE

1 - 2 Rock forward on RIGHT, recover weight onto LEFT
3 - 4 Rock back on RIGHT, recover weight onto LEFT
5 & 6 Shuffle step forward making 1/2 turn left, - RIGHT, LEFT, RIGHT
7 - 8 Rock back on LEFT, recover weight onto RIGHT
9 & 10 Shuffle step forward making 1/2 turn right - LEFT, RIGHT, LEFT

BACK ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER

1 - 2 Rock back on RIGHT, recover weight onto LEFT
3 - 4 Rock RIGHT to right, recover weight onto LEFT
5 & 6 Cross RIGHT over left, step LEFT to left, cross RIGHT over left
7 - 8 Rock LEFT to left, recover weight onto RIGHT

[B STARTS WITH LEFT]

ROCKING CHAIR, 1/2 TURN RIGHT SHUFFLE, BACK ROCK, RECOVER, 1/2 TURN LEFT SHUFFLE

1 - 2 Rock forward on LEFT, recover weight onto RIGHT

- 3 - 4 Rock back on LEFT, recover weight onto RIGHT
- 5 & 6 Shuffle step forward making 1/2 turn right, - LEFT, RIGHT, LEFT
- 7 - 8 Rock back on RIGHT, recover weight onto LEFT
- 9 & 10 Shuffle step forward making 1/2 turn left - RIGHT, LEFT, RIGHT

BACK ROCK, RECOVER, SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER

- 1 - 2 Rock back on LEFT, recover weight onto RIGHT
- 3 - 4 Rock LEFT to left, recover weight onto RIGHT
- 5 & 6 Cross LEFT over right, step RIGHT to right, cross LEFT over right
- 7 - 8 Rock RIGHT to right, recover weight onto LEFT

[C WITH 1/4 TURN RIGHT]

RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE FORWARD, FULL TURN LEFT

- 1 & 2 Step forward on RIGHT, close LEFT beside right, step forward on RIGHT
- 3 - 4 Step back on LEFT with 1/2 turn right, step forward on RIGHT with 1/2 turn right
- 5 & 6 Step forward on LEFT, close RIGHT beside left, step forward on LEFT
- 7 - 8 Step back on RIGHT with 1/2 turn left, step forward on LEFT with 1/2 turn left

LINDI RIGHT, LINDI LEFT

- 1 & 2 Step RIGHT to right, close LEFT beside right, step RIGHT to right
- 3 - 4 Rock LEFT behind right, recover weight onto RIGHT
- 5 & 6 Step LEFT to left, close RIGHT beside left, step LEFT to left
- 7 - 8 Rock RIGHT behind left, recover weight onto LEFT

HEEL & CROSS (3 TIMES), LINDI RIGHT

- 1 & 2 Touch RIGHT heel slightly forward, step RIGHT beside left, cross LEFT over right
- 3 & 4 Touch RIGHT heel slightly forward, step RIGHT beside left, cross LEFT over right
- 5 & 6 Touch RIGHT heel slightly forward, step RIGHT beside left, cross LEFT over right
- 7 & 8 Step RIGHT to right, close LEFT beside right, step RIGHT to right
- 9 - 10 Rock LEFT behind right, recover weight onto RIGHT

HEEL & CROSS (2 TIMES), LINDI LEFT, RECOVER WITH 1/4 TURN RIGHT

- 1 & 2 Touch LEFT heel slightly forward, step LEFT beside right, cross RIGHT over left
- 3 & 4 Touch LEFT heel slightly forward, step LEFT beside right, cross RIGHT over left
- 5 & 6 Step LEFT to left, close RIGHT beside left, step LEFT to left
- 7 - 8 Rock RIGHT behind left, recover weight onto LEFT with 1/4 turn right (facing 6:00)

[C WITHOUT TURN]

RIGHT SHUFFLE FORWARD, FULL TURN RIGHT, LEFT SHUFFLE FORWARD, FULL TURN LEFT

- 1 & 2 Step forward on RIGHT, close LEFT beside right, step forward on RIGHT
- 3 - 4 Step back on LEFT with 1/2 turn right, step forward on RIGHT with 1/2 turn right
- 5 & 6 Step forward on LEFT, close RIGHT beside left, step forward on LEFT
- 7 - 8 Step back on RIGHT with 1/2 turn left, step forward on LEFT with 1/2 turn left

LINDI RIGHT, LINDI LEFT, RECOVER WITH 1/4 TURN RIGHT

- 1 & 2 Step RIGHT to right, close LEFT beside right, step RIGHT to right
- 3 - 4 Rock LEFT behind right, recover weight onto RIGHT
- 5 & 6 Step LEFT to left, close RIGHT beside left, step LEFT to left
- 7 - 8 Rock RIGHT behind left, recover weight onto LEFT

HEEL & CROSS (3 TIMES), LINDI RIGHT

- 1 & 2 Touch RIGHT heel slightly forward, step RIGHT beside left, cross LEFT over right
- 3 & 4 Touch RIGHT heel slightly forward, step RIGHT beside left, cross LEFT over right
- 5 & 6 Touch RIGHT heel slightly forward, step RIGHT beside left, cross LEFT over right
- 7 & 8 Step RIGHT to right, close LEFT beside right, step RIGHT to right
- 9 - 10 Rock LEFT behind right, recover weight onto RIGHT

HEEL & CROSS (2 TIMES), LINDI LEFT

- 1 & 2 Touch LEFT heel slightly forward, step LEFT beside right, cross RIGHT over left
- 3 & 4 Touch LEFT heel slightly forward, step LEFT beside right, cross RIGHT over left
- 5 & 6 Step LEFT to left, close RIGHT beside left, step LEFT to left
- 7 - 8 Rock RIGHT behind left, recover weight onto LEFT

1/4 TURN LEFT, 1/2 TURN LEFT, STEP, PIVOT 1/4 TURN LEFT

- 1 - 2 1/4 turn left stepping back on RIGHT, turn 1/2 turn left stepping forward on LEFT
- 3 - 4 Step forward on RIGHT, pivot 1/4 turn left (weight on LEFT) (facing 6:00)

(REPEAT)

ENDING (Facing 12:00): At the end of 2nd wall, after the last 4 counts

CROSS RIGHT OVER LEFT, UNWIND FULL TURN LEFT, HOLD

- 5 - 6 Cross RIGHT over left, (Cross RIGHT arm over LEFT arm), unwind full turn left
 - 7 - 8 Ending with LEFT over RIGHT, spreading arms in the air & hold
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