

Scrub Me Mama

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate

编舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - July 2011

音乐: Scrub Me Mama with a Boogie Beat (feat. Will Bradley) - Swing Republic : (3:22)



Start after 64 count intro.

[1-8] R side, L cross step, R side, L heel/kick fwd, L back, weave L 2, hold

On counts 1-3 turn body toward right diagonal

- 1-2 Step R side and slightly back, cross step L over R
- 3-4 Step R side, touch L heel forward or kick L on left diagonal
- 5-8 Step L back, cross step R over L, step L side, hold

[9-16] R behind, hold, ¼ L & L fwd, hold, R fwd, ½ L pivot, R fwd, hold

- 1-4 Cross step R behind L, hold, turning ¼ left step L forward, hold (9 o'clock)
- 5-8 Step R forward, pivot ½ left, step R forward, hold (3 o'clock)

[17-24] R fwd full turn, hold, R fwd, ¼ L pivot, R fwd, hold

- 1-4 Turning ½ right step L back, turning ½ right step R forward, step L forward, hold

Non-turning alternative 1-4: step L, R, L fwd, hold

- 5-8 Step R forward, pivot ¼ left, step R forward, hold (6 o'clock)

[25-32] L fwd lock with ¼ R hitch, R fwd, hold, ¼ L & L fwd, hold

- 1-4 Step L forward, lock R behind L, step L forward, hitch R knee up turning ¼ L (9 o'clock)
- 5-8 Step R forward, hold, turning ¼ left step L slightly forward, hold (6 o'clock)

[33-40] R side rock & recover, R fwd, kick, R tog, L side rock & recover, L together, hold

- 1-4 Rock R side, recover weight on L, kick R forward, step R together
- 5-8 Rock L side, recover weight on R, step L together, hold

[41-48] R box back (3 counts), L hitch, L side-together – ¼ L, hold

- 1-4 Step R side, step L together, step R back, hitch L knee
- 5-8 Step L side, step R together, turning ¼ left step L forward, hold (3 o'clock)

[49-56] R fwd, L touch tog, L back, R fwd kick, R back lock, hold

- 1-4 Step R forward, touch L behind R, step L back, kick R forward
- 5-8 Step R back, lock L over R, step R back, hold

[57-64] L rock back & recover, L & R side step touches, L back, R heel/kick fwd

- 1-4 Rock L back, recover weight on R, step L side, touch R together
- 5-8 Step R side, touch L together, step L slightly back on L diagonal, touch R heel forward or kick

Contact: Tel: 01462 735778 - Web site: www.thedancefactoryuk.co.uk