

That's Alright Mama

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数: Improver
编舞者: Mal Jones (UK) - May 2012
音乐: That's Alright Mama - Alan Gregory



Music available as free download at: www.alangregory.me.uk

FORWARD MAMBO, BACK LOCK STEP, BACK MAMBO, FORWARD LOCK STEP.

1 & 2 Rock forward on right. Recover on Left. Step Right beside Left.
3 & 4 Step back on Left. Cross Right over Left. Step back on Left.
5 & 6 Rock back on Right. Recover on Left. Step forward on Right.
7 & 8 Step forward on Left. Cross right behind left. Step forward on left.

STEP ¼, CROSS SHUFFLE, FORWARD ROCK, ¼ COASTER TURN.

1, 2 Step forward on Right. Pivot ¼ turn Left.
3 & 4 Cross Right over Left. Step Left to Left side. Cross Right over Left.
5, 6 Rock forward on Left. Recover on Right.
7 & 8 Sweep Left foot from front to back making ¼ turn Left step back on Left. Step back on Right.
Step forward on Left.

SIDE TOGETHER FORWARD, SHUFFLE FORWARD, ROCK RECOVER, RIGHT ½ SHUFFLE.

1 & 2 Step Right to Right side. Step Left next to Right. Step forward Right.
3 & 4 Step forward on Left. Step Right next to Left. Step forward on Left.
5, 6 Rock forward on Right. Recover on Left.
7 & 8 Right shuffle making ½ turn Right stepping Right. Left. Right .

TOE HEEL STEP, SHUFFLE FORWARD, ROCK RECOVER, LEFT ½ SHUFFLE.

1 & 2 Touch toes of Left foot, with toes turned in towards right instep . Touch heel of Left foot forward. Step and place left foot forward.
3 & 4 Right shuffle forward stepping. Right. Left. Right.
5, 6 Rock forward on Left. Recover on Right.
7 & 8 Left shuffle making ½ turn Left stepping Left. Right. Left.

SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, BEHIND SIDE STEP.

1, 2 Side rock on Right. Recover on Left.
3 & 4 Cross right over Left. Step Left to Left side. Cross Right foot over Left.
5, 6 Side rock on Left. Recover on Right.
7 & 8 Cross Left behind Right. Step Right to Right side. Step forward on Left.