

Mama Take Me Home

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: NiNa Ralliza (INA), Stefan Schützer (NOR) & Tanja Enget (NOR) - January 2013
音乐: Mama Take Me Home - Rednex



Start dancing on lyrics

WALK, WALK, SHUFFLE ½ TURN, BACK, BACK, COASTER STEP

1-2 Step right forward, step left forward
3&4 Half turn shuffle stepping right, left, right, while turning left
5-6 Step left back, step right back
7&8 Left coaster step

STEP SLIDE, ROCK STEP TWICE, TOE & HEEL SWITCHES WITH BACK FLICK

1-2& Take a big step to the right & slide left together, rock left back, recover
3-4& Take a big step to the left & slide right together, rock right back, recover
5&6 Touch right to side, step right together, touch left to side
&7&8 Step left together, right heel forward, flick right foot back while turning ¼ turn to the left, touch right heel forward

CROSS TO THE RIGHT, SYNCOPATED WEAUV TO THE LEFT

&1&2 Step right together, cross left over right, step right to side, cross left over right
&3&4 Step right to side, cross left over right, step right to side, cross left over right
5-6 Cross right over left, step left to side
7&8 Cross right behind left, step left to side, cross right over left

HEEL JACKS X3, UNWIND

&1&2 Step left diagonally back to left, touch right heel diagonally forward, step right together, cross left over right
&3&4 Step right diagonally back to right, touch left heel diagonally forward, Step left together, cross right over left
&5&6 Step left diagonally back to left, touch right heel diagonally forward, step right together, cross left over right
7-8 Hold, unwind full turn right

TAG: Before you start the dance in the 8th wall, you have just taken the unwind full turn right

1-2 Cross left over right, hold
3-4 Slow unwind full turn right over 2 counts

Have Fun!

Contact: tanja@rockback.no