

Hide Your Crazy (Mama)

COPPER KNOB
STEPPERS

拍数: 76 墙数: 2 级数: Phrased Intermediate
编舞者: Kathy Parker (USA) & Nancy Hewko (USA) - April 2013
音乐: Mama's Broken Heart - Miranda Lambert : (Album: Four the Record - Deluxe Edition)



Dedicated to The Wild Rose Dance Team Member Katy Stalnaker

Intro 16 counts - Pattern: AAB AAB A (20 counts) Restart with B - 1 Restart

Pattern A – 32 counts:

Charleston 2X

1-4 Step right foot forward, kick left foot forward, step left foot back, point right toe back
5-8 Repeat 1-4

Right Triple Forward, Left Triple Forward, Right Rocking Chair

1&2 Triple right, left, right
3&4 Triple left, right, left
5-8 Rock R forward, replace to L, rock R back to L

(Only before Restart): Add in (2) 1/8 Hip rolls to the left and ¼ turn to the right, (stepping back on right, step left next to right) slight pause

RESTART here on wall 7 (Happens facing 12:00 wall) then start B

(2) 1/8 Hip Rolls, Side Rock Recover, Behind Side Cross

1-4 (2) 1/8 hip rolls to left
5-6 Side rock R to right, recover left
7&8 Cross R behind L, step L to left side, cross R over L

Side Rock Recover, Behind Side Cross, (2) 1/8 Hip Rolls

1-2 Side rock L to Left, recover right
3&4 Cross L behind R, step R to right side, cross L over R
5-8 (2) 1/8 hip rolls left

Pattern B - 44 counts:

Walk 2X, Side Rock Recover Cross, Side Rock Recover Cross, Pivot Half

1-2 Walk forward right, left
&3-4 Rock right out to right, recover on left, cross R over L
&5-6 Rock left out to left, recover on right, cross left over right
7-8 Step ½ turn left

Heel and Cross and Heel and Forward, (2) 1/8 Hip Rolls

&1&2 Step R to side, touch heel to left diagonal, step left slightly back, step right across
&3&4 Step left to side, touch R heel to R diagonal, step R slightly back, step left forward
5-8 (2) 1/8 Hip Rolls left

Triple Right Side, Rock Recover, Triple Left Side, Rock Recover

1&2 Step right to the side, step left next to right, step right to the side
3-4 Rock left behind right
5&6 Step left to the side, step right next to left, step left to side
7-8 Rock right behind left

Right Triple Half Turn, Rock Recover, Left Triple Half Turn, Rock Recover

1&2	Triple ½ turn left by stepping right-left-right on the spot
3-4	Rock back left, recover right
5&6	½ turn right by stepping back on left, left-right-left on the spot
7-8	Rock back right, recover left

Rocking Chair, Walk around ¾ Turn to Right, Kick Ball Change

1-4	Rock forward right recover back left, rock back right recover forward left
5-8	Walk ¾ turn to right
1-2	Complete the ¾ turn
3&4	Right Kick Ball Change

ENDING: Do Charleston's To the End Of The Music

Contact: Nhewko@hotmail.com
