

Sweet Mama

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Terri Lineberry (USA) - August 2013
音乐: Sweet Mama - The Allman Brothers Band : (CD: Win, Lose or Draw, iTunes)



Begin On lyrics

SHUFFLE RIGHT WITH ROCK RECOVER, SHUFFLE LEFT WITH ROCK RECOVER

1&2 Step right to right, step left to right, step right to right
3-4 Step left behind right, recover on right
5&6 Step left to left, step right to left, step left to left
7-8 Step right behind left, recover on left

SHUFFLE RIGHT FORWARD, SHUFFLE LEFT FORWARD, ROCKING CHAIR

1&2 Step right forward, step left to right, step right forward
3&4 Step left forward, step right to left, step left forward
5-6 Step right forward, recover on left
7-8 Step right back, recover on left

½ TURN LEFT, SHUFFLE RIGHT FORWARD, ROCKING CHAIR

1-2 Step right forward, ½ turn left
3&4 Step right forward, step left to right, step right forward
5-6 Step left forward, recover on right
7-8 Step left back, recover on right

JAZZBOX INPLACE, JAZZBOX ¼ TURN LEFT

1-2 Step left across right, step right back
3-4 Step left to left, step right to left
5-6 Step left across right, step right back ¼ turn left
7-8 Step left to left, step right to left

BEGIN AGAIN
