

拍数: 32 墙数: 4 级数: Improver
编舞者: DJ Dan (NL) & Winnie (NL) - October 2013
音乐: Mfc (Mama's Fried Chicken) - Billy Yates : (CD: Just Be You.)



Intro - 38 counts.

[1-8] JAZZ BOX CROSS, CHASSE, BACK ROCK

1-4 Cross Right over Left. Step Left back. Step Right to right side. Cross Left over Right.
5&6 Step Right to right side. Step Left next to Right. Step Right to right side.
7-8 Rock Left back. Recover onto Right.

[9-16] SIDE. TOUCH, HEEL-BALL-STEP, ROCK STEP, SHUFFLE 1/2 TURN

1-2 Step Left to left side. Touch Right next to Left.
3&4 Touch Right heel forward. Step on ball of Right next to Left. Step Left forward.
5-6 Rock Right forward. Recover onto Left.
7&8 Shuffel 1/2 turn right stepping Right, Left, Right [6]

[17-24] SIDE, BEHIND, 1/4 TURN SHUFFLE FWD, STEP, 1/2 PIVOT TURN, WALK, WALK

1-2 Step Left to left side. Step Right behind Left.
3&4 Make 1/4 turn left shuffle forward stepping Left, Right, Left. [3]
5-6 Step Right forward. Pivot 1/2 turn left. [9]
7-8 Step Right forward. Step Left forward.

[25-32] STEP, 1/8 PIVOT TURN LEFT, 4X (Completing 1/2 turn left)

1-2 Step Right forward. Pivot 1/8 turn left.
3-4 Step Right forward. Pivot 1/8 turn left.
5-6 Step Right forward. Pivot 1/8 turn left.
7-8 Step Right forward. Pivot 1/8 turn left. [3]

Option, move your hips.

Tag: 6 counts after wall 3 [9].

STEP FWD, HEEL FWD, STEP BACK, TOE BACK, WALK, WALK

1-2 Step Right forward. Touch Left heel forward (clap).
3-4 Step Left back. Touch Left toe back (clap)
5-6 Step Right forward. Step Left forward.

Restart dance from the beginning.

Tag: 8 counts after wall 5 [3] & 6 [6].

STEP FWD, HEEL FWD, STEP BACK, TOE BACK, X2

1-2 Step Right forward. Touch Left heel forward (clap).
3-4 Step Left back. Touch Left toe back (clap)
5-6 Step Right forward. Touch Left heel forward (clap).
7-8 Step Left back. Touch Left toe back (clap)

Restart dance from the beginning.

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