

# Mama Makossa

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: High Intermediate / Advanced  
编舞者: Ria Vos (NL) - November 2013  
音乐: Soul Makossa 2.0 - Manu Dibango & Wayne Beckford : (Album: Past Present Future)



**Intro: 32 Counts from where the beat kicks in (± 18 sec)**

## **Side, Rock Back, Roll Knee Step Out R-L, Paddle Full Turn R, Sailor ½ Turn L**

1-2&      Step L Long Step to L Side, Rock Back on R, Recover on L  
3-4      Step Fwd and Out on R Rolling Knee Out, Step Out on L Rolling Knee Out  
5&6      ¼ Turn R Step Fwd on R, Hitch L Turning ¼ Turn R, Point L to L Side (6:00)  
&7      Hitch L Turning ½ Turn R, Point L to L Side (12:00)  
8&1      Sweep L ¼ L Step L Behind R, Step R Next to L, ¼ Turn L Cross L Over R (6:00)

## **Bounce, ½ Turn R Cross Bounce, ¼ L Rock Fwd-Back-Fwd, Run Back L-R**

&2      Bounce Body Up, -Down  
3&4      ½ Turn R Cross R Over L, Bounce Body Up, -Down (12:00)  
5&6&      ¼ Turn L Rock Fwd on L, Recover on R, Rock Back on L, Recover on R (9:00)  
7&      Rock Fwd on L, Recover on R  
8&      Small "Run" Steps Back Stepping L, R

## **Long Step Back, Rock Back, ¼ L Scissor Cross, ¼ R, ½ R, Step Pivot ¼ R**

1      Big Step Back on L Draging R towards L  
2-3      Rock Back on R, Recover on L  
4&5      ¼ Turn L Step R to R Side, Step L Next to R, Cross R Over L (6:00)  
6-7      ¼ Turn R Step Back on L, ½ Turn R Step Fwd on R (3:00)  
8&      Step Fwd on L, Pivot ¼ Turn R (6:00)

## **Diag. Step Fwd, Together, Point & Point &, Step Pivot ¼ R, Run Around (a little over) Full Turn L**

1-2      Big Step Fwd on L to R Diagonal, Step R Next to L (7:30)  
3&4&      Point L to L Side, Step L Next to R, Point R to R Side, Step R Next to L  
5-6      Step Fwd on L, Pivot ¼ Turn R (10:30)  
7&8&      Run Around in a Small Circle using Small Steps (a little over) Full Turn Left Stepping L-R-L-R (9:00)

## **TAG: 32 Count Tag: After wall 7 (3:00)**

### **L Side Touch (Clap), R Side Touch (Clap), ¼ Turn L Step Fwd Touch (Clap), R Side Touch (Clap)**

1-2      Step L to L Side, Touch R Next to L Clap Hands Up to L Side  
3-4      Step Diagonaly Fwd to R Side, Touch L Next to R Clap Hands Down to R Side  
5-6      ¼ Turn L Step Fwd on L, Touch R Next to L Clap Hands Down to L Side  
7-8      Step R to R Side, Touch L Next to R Clap Hands Up to R Side

### **L Side, Touch (Clap), R Side, Touch (Clap), ¼ L Fwd, Touch (Clap), R Side, Touch (Clap)**

1-2      Step L to L Side, Touch R Next to L Clap Hands Down to L Side (12:00)  
3-4      Step Diagonaly Fwd to R Side, Touch L Next to R Clap Hands Up to R Side  
5-6      ¼ Turn L Step Fwd on L, Touch R Next to L Clap Hands Up to L Side  
7-8      Step R to R Side, Touch L Next to R Clap Hands Down to R Side

### **L Side-Together-Side-Touch, R Side-Together-Side-Touch, ¼ Turn R (Repeat)**

1-4      Step L to L Side, Step R Next to L, Step L to L Side, Touch R Next to L  
5-8      Step R to R Side, Step L Next to R, Step R to R Side, Touch L Next to R (9:00)

**Option Arms: 1-4 Wave arms Up to L-R-L-L, 5-8 Wave Arms Up to R-L-R-R**

1-4                    ¼ Turn R Step L to L Side, Step R Next to L, Step L to L Side, Touch R Next to L  
5-8                    Step R to R Side, Step L Next to R, Step R to R Side, Touch L Next to R (12:00)  
**Option Arms: 1-4 Wave arms Up to L-R-L-L, 5-8 Wave Arms Up to R-L-R-R**

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