

Mame

拍数: 64 墙数: 2 级数: Improver
编舞者: Frank Trace (USA) - February 2014
音乐: Mame - Herb Alpert & The Tijuana Brass



Begin after 8 counts

TOE STRUTS MOVING SLIGHTLY DIAGONAL RIGHT, KICK, KICK

1-6 Slightly diagonal right; Touch R toe to right side, drop heel, L toe forward, drop heel, R toe forward, drop heel (1:00)
7-8 Kick L diagonally forward twice (1:00)

COASTER, HOLD, ROCK, RECOVER, CROSS, HOLD

1-4 Step L back, step R next to L, step L forward, hold (1:00)
5-8 Rock R to side, recover on L & square up to front wall, cross R over L, hold (12:00)

TOE STRUTS MOVING SLIGHTLY DIAGONAL LEFT, KICK, KICK

1-6 Slightly diagonal left; Touch L toe to left side, drop heel, R toe forward, drop heel, L toe forward, drop heel (11:00)
7-8 Kick R diagonally forward twice (11:00)

COASTER, HOLD, ROCK, RECOVER, CROSS, HOLD

1-4 Step R back, step L next to R, step R forward, hold (11:00)
5-8 Rock L to side, recover on R & square up to front wall, cross L over R, hold (12:00)

KICK, STEP, SIDE, CROSS, KICK, STEP, ¼ TURN STEP, FORWARD

1-4 Kick R diagonally right, step back on R, step side on L, step R over L
5-8 Kick L diagonally left, step back on L, step R ¼ turn right, step L forward (3:00)

KICK, BACK, BACK, FORWARD, KICK, BACK, BACK, FORWARD

1-4 Kick R forward, step back on R, step L next to R, step R forward
5-8 Kick L forward, step back on L, step R next to L, step L forward

TOE STRUTS, ROCKING CHAIR

1-4 Touch R toe forward, drop R heel, touch L toe forward, drop L heel
5-8 Rock R forward, recover onto L, rock R back, recover onto L (3:00)

TOE STRUTS, JAZZ BOX ¼ TURN RIGHT

1-4 Touch R toe forward, drop R heel, touch L toe forward, drop L heel
5-8 Step R over L, step back, step R ¼ turn right, step L next to R (6:00)

START OVER

TAG (16 count) At the end of the second wall (12:00).

Do the first 16 counts of "Mamma Maria".

(Walk right diagonally forward & kick, walk back & touch. Repeat to the left diagonal. Square up to the front wall and start the dance from the beginning)

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