

Mama Cha Cha

COPPERKNOB
STEP SHEETS

拍數: 96 牆數: 1 級數: Phrased Intermediate
編舞者: Low Boon Hua (SG) - August 2007
音樂: Mama Cha-Cha (媽媽恰恰) - Summer Grace (風彩姐妹)



Intro: 64 counts - Sequence: AA B C1 C2 AA B C1 C2 A B C1 C2 End

A (32 counts)

SIDE R, CLOSE, R CHASSE, L ROCK FWD, L ROCK BWD, STEP L FWD, ¼ TRUN L HITCH R

1 2 3&4 Step R to R, step L next to R, step R to R, L next to R, step R to R

5&6& 7&8 L cross rock over R, recover back to R, step L to L side rock, recover back to R, step L across R, turn ¼ L hitch R (9)

(hand movement: push L hands fwd on count 8)

SYNCOPATED WEAVE L, STEP L SIDE, FLICK R BEHIND L, STEP R SIDE BUMP HIP RLR

1 2 3&4 (12:00) Cross R over L, step L to L, R behind L, L to L, Cross R over L

5 6 7&8 Step L to L, flick R behind L, step R to R bump RLR (sit weight on R)

(hand movement: snap fingers at L when flick R behind L, raise R hand up on count 8)

¼ L CROSS ROCK L OVER R, L CHASSE, CROSS ROCK R OVER L, R CHASSE WITH ¼ R

1 2 3&4 Turn ¼ L cross rock L over R, recover to R, step L to L, step R next to L, step L to L (9)

5 6 7&8 Cross rock R over L, recover to L, step R to R, step L next to R, step R to R turn ¼ R (12)

SYNCOPATED JUMP, ROCK L TO L, REVO CER TO R, CLOSE L TO R, POINT R, HITCH R

1& 2& 3& 4& L fwd, close R to L, L to L, close R to L, L bwd, R close to L, L to L, close R to L (small jumping step with hip)

5 6&7 8 Rock L to L, recover back to R, close L to R, point R to R, hitch R

(hand movement: push R hand fwd on count 7)

B (32 counts)

ROCK R BWD BASIC CHA CHA X2, R SIDE ROCK ¼ L, FWD SHUFFLE, ¼ R, L SIDE ROCK ¼ R, FWD SHUFFLE

12 3&4 56 7&8 Rock R bwd, recover to L, R fwd shuffle, Rock L fwd, recover to R, L back shuffle (12)

9 10 11&12 Side rock R to R, recover to L, turn ¼ L step R fwd, step L next to R, step R fwd (9)

13 14 15&16 Turn ¼ R side rock L to L, recover to R, turn ¼ R step L fwd, step R next to L, step L fwd (3)

(hand movement: push both to side on count 9 & 13, push R hand fwd on count 11&12, push L hand fwd on count 15&16)

R ROCK FWD AND ROCK BACK, PIVOT ½ L, PIVOT ¼ L, CROSS MAMBO x2, PIVOT ½ L, WALK FWD RL

1 - 4 Rock R fwd (R hand R up), recover to L, rock R back (bring R hand across L shoulder), recover to L

5 - 8 Step R fwd pivot ½ L, step R fwd pivot ¼ L (6)

9&10 11&12 Cross rock R over L, recover to L, step R to R, cross rock L over R, recover to R, step L to L

13-16 Step R fwd pivot ½ L, weight on L, walk fwd RL

C (32 counts)

C1: SWAY RLR, HOLD, SYNCOPATED CROSS L OVER R X4

1 2 3 4 Step R to R sway hip RLR, hold (both hand up palm facing front swing RLR)

5&6&7&8 L cross R, step R to R, L cross R, step R to R, L cross R, step R to R, L cross R

(both hands slowly open at low position + shimmy)

C2: BUMP HIP R X4 FLICK LBEHIND R, L FULL TURN, L CHASSE

1&2&3&4 Step R to R bump hip R X4, flick L behind R at count 4 (finger face down moving RLRLRL behind the back)

5 6 7&8 ¼ L step L fwd, ½ L step back R, ¼ L step L to L, step R next to L, step L to L

C3-1: POINT R TO R, POINT L TO L, HITCH L, HOLD, STEP L FWD PIVOT TURN ½ R, ½ R, L BACK SHUFFLE

1 2 3 4 Point R to R (raise R hand up), close R to L at the same time point L to L (raise L hand up), hitch L beside R (push R hand fwd), hold

5 6 7&8 Step L fwd pivot ½ R, step R fwd, ½ R, L back shuffle

C3-2: R FWD, L TOUCH, L BACK, R TOUCH, ¼ R FWD SHUFFLE

1&2&3&4 Jump R fwd, touch L next to R, Jump L bwd, touch R next to L, turn ¼ R fwd shuffle

(shimmy on count 1&2&, roll both hands fwd on count 3&4)

5 6 7&8 Turn ¼ L Step L fwd pivot ½ R, step R fwd, ½ R, L back shuffle

C4: SYNCOPATED JUMP, STEP R FWD PIVOT TURN ½ L, POINT R TO R, HITCH R

1& 2& 3& 4& Step R to R, touch L next to R (both hands snap finger at R - shoulder level), step L to L ¼ L, touch R next to L (both hands snap finger at L - shoulder level) (9) step R fwd, touch L next to R (both hands at the top - palm face down), ¼ L step L to L, touch R next to L (both hands at waist - fingers point down) (6)

5 6 7 8 Step R fwd pivot ½ L, step L fwd, point R to R, hitch R

(push R hand fwd on count 7)

ENDING: STEP R TO R, L TO L, CLOSE R TO L, CLAP HANDS, STEP R BACK POSE

1 2 3 4 Step R to R (R hand move R palm face back), hold, step L to L (L hand move L palm face back), hold,

5 6 7 Close R to L (close both hands from side to the front and clap), hold, hold

& 8 Bring both hands up, step R back sit on R (press both hands down from top to side)

Submitted by Candy - chenkaini@yahoo.com
