

Me And You Back At Mama's

COPPER STEPSHEETS **KNOB**

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Séverine Fillion (FR) - September 2014
音樂: "Meanwhile Back At Mama's" by Tim McGraw & Faith Hill



[1-8] STEP FWD, TOUCH, BACK, TOUCH, COASTER STEP, STEP LOCK STEP, FULL TURN

1& Right step fwd, touch left next to right
2& Left step back, touch right next to left
3&4 Right step back, left next to right, right step fwd
5&6 Left step fwd, « lock » right cross behind left, left step fwd
7-8 ½ turn left stepping right back, ½ turn left stepping left fwd

[9-16] MAMBO FWD, COASTER STEP, STEP 1/4 TURN CROSS, 1/4 TURN X 2 & CROSS

1&2 Rock on right fwd, recover on left, right step back
3&4 Left step back, right next to left, left step fwd
5&6 Right step fwd, ¼ turn left, right cross over left 9 :00
7&8 ¼ turn right stepping left back, ¼ turn right stepping right to right, left cross over right 3 :00

[17-24] POINT, TOUCH, HEEL, HOOK, STEP LOCK STEP, ROCKING CHAIR, STEP 1/2 TURN STEP

1& Point right toe to right side, touch right next to left
2& Touch right heel fwd, Hook right cross over left leg
3&4 Right step fwd, « lock » left cross behind right, right step fwd
5&6& Rock on left fwd, recover on right, rock back on left, recover on right
7&8 Left step fwd, ½ turn right (weight on right), left step next to right 9 :00

[25-32] R TOE HEEL SWIVEL, SCUFF, STEP LOCK STEP, (1/2 TURN, HOOK) X 2, TOE STRUT x 2

1&2 Swivel right toe to the right, right heel to the right, right toe to the right
& Scuff left next to right
3&4 Left step fwd, « lock » right cross behind left, left step fwd
5& ½ turn left stepping right back, Hook left cross behind right leg
6& ½ turn left stepping left fwd, Hook right cross behind left leg
7& Toe strut right fwd
8& Toe strut left fwd

Start again and enjoy !

TAG : At the end of first wall only (at 9 :00), add this 16 counts :

[1-8] ROLLING VINE SHUFFLE, SAILOR STEP (LEFT & RIGHT)

1-2 ¼ turn right and right step fwd, ½ turn right and left step back
3&4 ¼ turn right and triple step right – left – right to right side
5&6 Left cross behind right, right to right, left to left
7&8 Right cross behind left, left to left, right to right

[9-16] ROLLING VINE SHUFFLE, SAILOR STEP (RIGHT & LEFT)

1-2 ¼ turn left and left step fwd, ½ turn left and right step back
3&4 ¼ turn left and triple step left – right – left to left side
5&6 Right cross behind left, left to left, right to right
7&8 Left cross behind right, right to right, left to left

**ATTENTION : At the ends of walls 3, 6 and 7, the music stops a few seconds,
Restart the dance with the music.**

