

Bad Mammer Jammer

COPPER KNOB
BY STEPHEN

拍數: 40 牆數: 4 級數:
編舞者: Rick Wilson (USA) - February 2016
音樂: "She's A Bad Mammer Jammer" By Stevie Wonder



Always An Adventure

WALK, WALK, TAP, STEP

1-2-3-4 Walk forward Right Foot, Walk Forward Left Foot, Tap Right Behind Left, Step Back Right.

COASTER STEP, 1/4 TURN LEFT

5&6 7-8 Back Left, Together Right, Forward Left, Forward Right Pivot 1/4 Turn to your Left, Step Left.

WALK, WALK, TAP, STEP, COASTER STEP, 1/2 TURN LEFT

1-2-3-4 Walk forward Right Foot, Walk Forward Left Foot, Tap Right Behind Left, Step Back Right.

COASTER STEP, 1/2 TURN LEFT

5&6 7-8

Back Left, Together Right, Forward Left, Forward Right Pivot 1/2 Turn to Your Left, Step Left.

VINE RIGHT 2 STEPS, SYNCOPATED CROSS STEP

1-2-3&4 Side Right Foot, Cross Left Behind, Side Right Foot, Cross Left In front, Side Right Foot.

HEEL SWITCHES, STOMP, CLAP

1&2&3-4 Left Heel Forward, Left Together With Right, Right Heel Forward, Right Heel Together With Left, Stomp Left Forward, Clap.

VINE LEFT 2 STEPS, SYNCOPATED CROSS STEP

1-2-3&4 Side Left Foot, Cross Right Behind, Side Left Foot, Cross Right Foot In Front, Side Left Foot.

HEEL SWITCHES, STOMP, CLAP

1&2&3-4 Right Heel Forward, Right Heel Together with Left, Left Heel Forward, Left Heel Together with Right, Stomp Right Forward, Clap.

VINE 2 STEPS, SIDE SHUFFLE, ROCK FORWARD, COASTER STEP

1-2-3&4 Side Right Foot, Left Foot Behind, Side Right, Together Left, Side Right,

5-6-7&8 Rock Forward Left, Back Right, Back Left, Together Right, Forward Left.

Begin Again

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