

Say Mama

拍數: 48 牆數: 4 級數: Beginner
編舞者: EWS Winson (MY) - June 2016
音樂: Say Mama - Showaddywaddy



Intro: 3 counts in (approx. 1 sec)

#1 (1-8) □ R Forward Diagonal Stomp, Hold X3, L Forward Diagonal Stomp, Hold X3 □

1-4 Weight on LF: Stomp RF forward to R diagonal (1), hold for 3 counts (2-3-4) □ 12.00

5-8 Stomp LF forward to L diagonal (5), hold for 3 counts (6-7-8) □ 12.00

Optional: You can create your own pose during the "Hold".

#2 (9-16) □ R Grapevine with L Forward Scuff, L Grapevine with R Forward Scuff □

1-4 Step RF to R side (1), cross LF behind RF (2), step RF to R side (3), scuff LF forward (4) □ 12.00

5-8 Step LF to L side (5), cross RF behind LF (6), step LF to L side (7), scuff RF forward (8) □ 12.00

#3 (17-24) □ R Rocking Chair, R Pivot ½ (L), R Pivot ¼ (L) □

1-4 Rock RF forward (1), recover weight on LF (2), rock RF backward (3), recover weight on LF (4) □ 12.00

5-8 Step RF forward (5), turn ½ L shifting weight to LF (6), step RF forward (7), turn ¼ L shifting weight to LF (8) □ 3.00

#4 (25-32) □ R Jazz Box Cross, R Weave □

1-4 Cross RF over LF (1), step LF back (2), step RF to R side (3), cross LF over RF (4) □ 3.00

5-8 Step RF to R side (5), cross LF behind RF (6), step RF to R side (7), cross LF over RF (8) □ 3.00

#5 (33-40) □ R Stomp with R Toes In, R Toes Fan Out-In-Out, L Stomp with L Toes In, L Toes Fan Out-In-Out □

1-4 Stomp RF forward with R toes turning inward (1), fan R toes out to R side (2), fan R toes inward (3), fan R toes out to R side (4) – R knee is slightly bent □ 3.00

5-8 Stomp LF forward with L toes turning inward (5), fan L toes out to L side (6), fan L toes inward (7), fan L toes out to L side (8) – L knee is slightly bent □ 3.00

#6 (41-48) □ R Monterey ½ (R), L Side Point, L Together, R-L Stationary Running Steps □

1-4 Point R toes to R side (1), turn ½ R stepping RF next to LF (2), point L toes to L side (3), step LF together with RF (4) □ 9.00

5&6&7&8& Run on the spot on RF & LF for 8 times (5-&-6-&-7-&-8-&) – weight ends on LF □ 9.00

Optional: You can wiggle your butts for the running steps.

Contact: winsonews@gmail.com