

Ting Mama

拍數: 64 牆數: 2 級數: Improver
編舞者: Meiske Pamaputera (INA) - August 2016
音樂: Listen to Mom (聽媽媽的話) - Jay Chou (周杰倫)



Intro ; 12 counts . No Tag, No Restart

S1 : 4 Step Forward with hip shake

1&2 Right step forward shake hip Right, Left, Right
3&4 Left step forward shake hip Left, Right, Left
5&6 Right step forward shake hip Right, Left, Right
7&8 Left step forward shake hip Left, Right, Left

S2: Cross Right, Recover, Step, Cross Left, Recover, Step, Cross Right, Recover, Step, Cross Left, Recover, Step

1&2 Cross Right over Left, Recover on Left, Step Right next to Left
3&4 Cross Left over Right, Recover on Right, Step Left next to Right
5&6 Cross Right over Left, Recover on Left, Step Right next to Left
7&8 Cross Left over Right, Recover on Right, Step Left next to Right

S3: 3 Paddle ¼ Turn Left, Touch, Slide, Touch, Kick Ball Step Left

1-2 Touch Right forward & 1/4 turn Left (09;00), Touch Right forward & ¼ Turn Left (06;00)
3-4 Touch Right forward & 1/4 turn Left (03;00), ¼ Turn Left & Touch Right next to Left(12;00)
5-6 Slide Right to Right, Touch Left next to right
7&8 Kick Left, Step on Ball of Left, Step Right

S4: 3 Paddle ¼ Turn Right, Touch, Slide ,Step, Kick Ball Step Right

1-2 Touch Left forward, 1/4 Turn Right Touch Left forward (03;00) & ¼ Turn Right (06;00)
3-4 Touch Left forward & ¼ Turn Right (09;00), ¼ Turn Right & Touch Left (12;00)
5-6 Slide Left to Left, Touch Right next to Left
7&8 Kick Right, Step on Ball of Right, Step Left

S5: Mambo Side Right & Left, Step Back Shake Hip

1&2 Step Right to Right, Recover on Left, Step Right next to Left
3&4 Step Left to Left, Recover on Right, Step Left next to Right
5&6 Step Back Right Shake Left Hip up and down
7&8 Step Back Left Shake Right Hip up and down

S6: Shuffle R diagonal , Shuffle L diagonal, Forward R. ½ Turn L, Forward R, Shuffle L forward

1&2 Step Right diagonally Right, Step Left next to Right, Step Right forward
3&4 Step Left diagonally Left, Step Right next to Left, Step left forward
5&6 Step Right forward, ½ Turn Left stepping Left forward, Step Right forward
7&8 Step Left forward, Step Right next to Left, Step Left forward (06;00)

S7: Mambo Forward Right, Mambo Back Left

1&2 Step Right Forward, Recover on Left, Step Right Back
3&4 Step Left Back, Recover on Right, Step Left Forward
5&6 Step Right Forward, Recover on Left, Step Right Back
7&8 Step Left Back, Recover on Right, Step Left Forward

S8: Samba Right & Left, Sailor Right & Left

1&2 Cross Right over Left, Step Left to Left, Step Right to Right
3&4 Cross Left over Right, Step Right to Right, Step Left to Left

5&6 Cross Right behind Left, Step Left to Left, Step Right to Right
7&8 Cross Left behind Right, Step Right to Right, Step Left to Left

Start again & Enjoy the dance

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