

Mamma Song

拍數: 32 牆數: 4 級數: Beginner / Novice
編舞者: Silvia Schill (DE) - November 2016
音樂: Mamma Song - Cody Jinks



The dance starts with the singing

Chassé R, Rock Back, Chassé L, Rock Back

1&2 Step RF to right side, LF beside RF, step RF to right side
3-4 LF step back, lift right heel and weight back on RF
5&6 Step LF to left side, RF beside LF, step LF to left side
7-8 RF step back, lift left heel and weight back on LF

Restart: In the 4th passage (3 o'clock) and in the 11th passage (6 o'clock) - break up and start from the beginning

Step Lock, Step Lock Step, Rock Forward, Chassé ¼ turn L

1-2 RF step forward, LF cross behind RF
3&4 RF step forward, LF cross behind RF, RF step forward
5-6 LF step forward, RF lift up, weight back on RF
7&8 ¼ turn left and step LF to left side, RF beside LF, step LF to left side (9 o'clock)

Weave With Point, Cross, Back With ¼ Turn L, Coaster Step

1-2 RF cross over LF, step LF to left side
3-4 RF cross behind LF, tap left toe to left side
5-6 LF cross over RF, step back with RF with ¼ turn to left side
7&8 Step back with LF, RF beside LF, LF step forward (6 o'clock)

Restart: In the 7th passage (3 o'clock) and in the 14th passage (6 o'clock) - break up and start from the beginning

Rock Forward R, Shuffle ½ Turn R, Heel Grind ¼ Turn L, Coaster Step

1-2 RF step forward, lift left heel, weight back on LF
3&4 ¼ turn right and step RF to right side, LF beside RF (weight on LF) ¼ turn right, RF step forward (12 o'clock)
5-6 The left heel set down in front (toes pointing to the right side) - ¼ turn left (twist the toes with) and step back with RF (9 o'clock)
7&8 LF step back, RF beside LF, LF step forward

Start again and happy dancing!

For any errors in the translation there is no guarantee!
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