

Mammys Shuffle

拍數: 64 牆數: 2 級數: Improver
編舞者: Jason Drake (UK) - March 2017
音樂: Mrs. Brown's Boys - Foster & Allen



S1: BACK ROCK, RIGHT SHUFFLE, FORWARD ROCK, COASTER

- 1 – 2 Rock back on the right foot, Recover weight onto the left foot.
- 3 & 4 Step forward on right foot, Close left foot besides right, Step forward on right foot.
- 5 – 6 Rock forward on the left foot, Recover weight onto the right foot.
- 7 & 8 Step back on the left foot, Close right foot beside left, Step forward on the left foot.

S2: FORWARD ROCK, ½ TURN SHUFFLE RIGHT, JAZZ BOX

- 1 – 2 Rock forward on the right foot, Recover weight onto the left foot.
- 3 & 4 Step back on the right foot making ¼ turn right, Close left foot beside right, Step right foot ¼ turn right.
- 5 – 6 Step left foot across the right foot, Step back on the right foot.
- 7 – 8 Step left foot to left side, Touch right foot beside the left.

RESTART (ON WALL 3 RESTART DANCE AT THIS POINT)

S3: CHASSIS, BACK ROCK, ¼ PIVOT TURN X 2, CROSS SHUFFLE

- 1 & 2 Step right foot to right side, Close left foot beside right, Step right foot to right.
- 3 – 4 Rock left foot behind right, Recover weight on the right foot.
- 5 – 6 Step left to left making ¼ turn right, Step right foot to right making ¼ turn right.
- 7 & 8 Cross left foot over right, Step right foot to right side, Cross left foot over right.

S4: SIDE, CLOSE, COASTER, FORWARD ROCK, COASTER

- 1 – 2 Step right foot to right, Close left foot next to right.
- 3 & 4 Step right foot back, Step left foot next to right, Step forward on the right.
- 5 – 6 Rock forward on the left foot, Recover weight onto the right foot.
- 7 & 8 Step left foot back, Step right foot next to left, Step forward on the left.

S5: WALK X 2, HEEL SWITCHES, HEEL HOOK, WALK X 2

- 1 – 2 Walk forward on the right foot, Walk forward on the left foot.
- 3 & 4 & Touch right heel forward, Step right foot to place, Touch left heel forward, Step left foot in place.
- 5 & 6 & Touch right heel forward, Hook right heel across left leg, Touch right heel forward, Step right foot in place.
- 7 – 8 Walk forward on the left foot, Walk forward on the right foot.

S6: FORWARD ROCK, ¼ TURN CHASSIS LEFT, VAUDERVILLS X 2

- 1 – 2 Rock forward on the left foot, Recover weight onto the right foot.
- 3 & 4 Step back on the left foot making ¼ turn left, Close right foot beside left, Step left foot to left side.
- 5 & 6 & Cross right foot over left, Step back on the left foot, Present right heel forward, Step right in place.
- 7 & 8 & Cross left foot over right, Step back on the right foot, Present left heel forward, Step left foot in place.

S7: FORWARD ROCK, ½ TURN SHUFFLE RIGHT, WEAVE, TOUCH

- 1 – 2 Rock forward onto the right foot, Recover weight onto the left foot.
- 3 & 4 Step back on the right foot making ¼ turn right, Close left foot beside right, Step right foot ¼ turn right.
- 5 – 6 Cross left foot over right, Step right foot to the right side.

7 – 8 Cross left foot right behind the right, Touch the right toes to the right.

S8: CROSS, SIDE, ¼ TURN SAILOR RIGHT, ROCKING CHAIR, KICK

1 – 2 Cross right foot across the left, Step left foot to the left.

3 & 4 Step right foot behind left foot making ¼ turn right, Step left to left side, Step right foot in place.

5 – 6 Rock forward on the left foot, Recover weight onto the right foot.

7 – 8 Rock back on the left foot. Kick right foot forward.

Contact: cambscountyline@yahoo.co.uk
