

Mama

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - July 2017
音樂: Mama (feat. William Singe) - Jonas Blue : (iTunes)



(Intro: 16 count)

[S1] Step Pivot 1/2L, Fwd, Fwd, Step Paddle 1/4L, Fwd, Fwd

1 2 Step R fwd, Turning 1/2L weight on L
3 4 Step R fwd, Step L fwd
5 6 Step R fwd, Turning 1/4L weight on L
7 8 Step R fwd, Step L fwd (3:00)

[S2] Cross, Back, Box Step w/ Cross, Dip, Replace

1 2 Cross R over L, Step L back
3 4 Cross R over L, Step L back
5 6 Step R to right side, Cross L over R
7 8 Dip (pop both knees), Recover (3:00)

[S3] Side Shuffle, Sailor Step, Sailor 1/4R, Fwd, Fwd

1&2 Step R to right side, Step L close to R, Step R to right side
3&4 Cross L behind R, Step R to right side, Step L to left side
5&6 Cross R behind L, Turning 1/4R step L beside R, Step R fwd (6:00)
7 8 Walk-Walk LR

[S4] 1/4R Side, Hold, &, Side, Touch Behind, R Side Roll, 1/4L

1 2& Turning 1/4R step L to left side, Hold, Step R next to L (9:00)
3 4 Step L to left side, Touch R behind L
5 6 Turning 1/4R step R fwd, Turning 1/2R step L back
7 8 Turning 1/4R step R to right side (9:00), Turning 1/4L weight on R** (6:00)

[S5] Samba Step, Turning Shuffle RL, Cross Samba Step

1&2 Step L fwd, Step R to right side, Recover weight on L
3&4 Turning 1/2L step R back, Step L close to R, Step R back
5&6 Turning 1/2L step L fwd, Step R close to L, Step L fwd
7&8 Cross R over L, Step L to left side, Recover weight on R (6:00)

[S6] Cross, Side, 1/4L Sailor Step, 1/4L Dip-Point, Dip-Point

1 2 Cross L over R, Step R to right side
3&4 Turning 1/4L step L back, Step R next to L, Step L fwd (3:00)
5 6 Turning 1/4L step R to right side and dip, Point L to left side (12:00)
7 8 Step L to left side and dip, Point R to right side

[S7] Fwd Rock, &, Back, Back, 3x L Heel Twist, Kick

1 2& Rock/step R fwd, Recover weight on L, Step R next to L
3 4 Step L back, Step R back
5&6& L heel in, L heel out, L heel in, L heel out (L toe point fwd and swivel L heel RLRL)
7 8 L heel in, Kick L fwd (12:00)

[S8] Back, Back Rock, Fwd, Shuffle Fwd, Step Pivot 1/2L

1 2 Step L back, Step R back
3 4 Recover weight on R, Step R fwd
5&6 Step L fwd, Step R next to L, Step L fwd

7 8 Step R fwd, Turning 1/2L weight on R (6:00)

Restart: Wall 4 count 32 (12:00)**

(Updated: 10/July/17)

Please contact me if you have any inquiry. (hirokoclinedancing@gmail.com)
