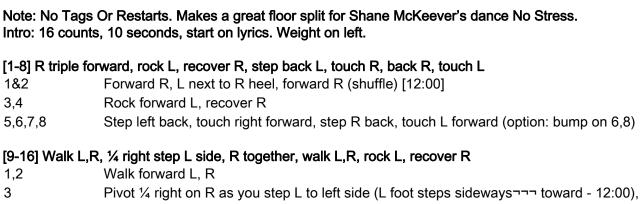
No Stress Mama

拍數: 32

級數: Beginner

編舞者: Brenda Shatto (USA) - October 2017

音樂: Mama (feat. William Singe) - Jonas Blue : (Single)



- 4 Drag ball of R toward L and step on R [3:00]
- Walk forward L, R, rock forward on L, recover back to R 5,6,7,8

[17-24] Step back L, R heel drag, rock back R, recover L, 1/2 turn left paddles x4

- 1,2,3,4 Large step back on L, drag R heel toward L, rock back R, recover L
- 5.6.7.8 Press R to right side and make 1/2 turn left to 1:30, repeat to 12:00, 10:30, and 9:00 for a total of ¹/₂ turn left (weight L) [9:00]

[25-32] R cross, L side, R coaster, L cross, R side, L coaster

- 1.2.3&4 Step R across L, L to left side, R back (slight diagonal), L next to R, R forward [10:00]
- Step L across R, R to right side, cross L back (square up), R next to L, L forward [9:00] 5.6.7&8

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format.

Contact the choreographers with your questions.

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牆數:4