

Mama - No Stress!

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner Cha Cha
編舞者: Inge Vestergård (DK) - November 2017
音樂: Mama (feat. William Singe) - Jonas Blue



Intro: 16 counts intro. Start with weight on L foot.

S1: Side Step R, Cross Rock, Chassé L, R Cross, Side, R ¼ Sailor

1-3 Step R to R side, L Cross Rock over R, Recover on R,
4&5 Step L to side, Step R next to L, step L to side
6-7 Cross R over L, Step L to L Side,
8&1 Cross R behind L, turn ¼ R stepping L to L side, Step R to R side (3.00)

S2: 2 x Cross Point, Cross, Back, Chasse 1/ 4 Turn L

2-3 Cross L over R, Point R to side
4-5 Cross R over L, Point L to side
6-7 Cross L over R, Step R back
8&1 Step L to side, Step R next to L, Step ¼ L stepping fwd on L (12.00)

S3: 2 x Walk, R Mambostep, 2 x Walk Back, L Coaster Cross

2-3 Walk R fwd, Walk L fwd
4&5 Rock R fwd, Recover on L, Step R back
6-7 Step L back, Step R back
8&1 Step L back, Step R beside L, Cross L in front of R

S4: 2 x Sway, Behind Side Cross, ¼ Monterey L, Touch

2-3 Step R to side with Sway R, Step L to side with Sway L
4&5 Cross R behind L, Step L to Side, Cross R over L
6-7 Point L to L side, 1/4 turn R stepping L beside R (9.00)
8& Point R to R Side, Touch R beside L.

Ending: After finishing Wall 9 starting on 12 ó Clock, you simply turn ¼ R stepping forward on R.

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