

Mama Said There'll Be Days Like This

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Val Saari (CAN) - May 2018
音樂: Mama Said - The Shirelles : (iTunes)



SIDE TOE-STRUTS R, MAMBO BACK, SIDE TOE-STRUTS L, MAMBO BACK

1&2& Touch RF toes to right side, Step RF heel down, Touch LF toes beside RF, Step LF heel down
3&4 Rock RF back, Recover LF, Step RF beside left
5&6& Touch LF toes to left side, Step LF heel down, Touch RF toes beside LF, Step RF heel down
7&8 Rock LF back, Recover RF, Step LF beside right

SCISSORS FORWARD, RLR, LRL, SIDE MAMBOS RIGHT, LEFT

1&2 RF Step R, LF Recover, RF crosses LF and Hold (push and cross)
3&4 LF Step L, RF Recover, LF crosses RF and Hold (push and cross)
5&6 RF Rock side right, LF recover, RF close together beside L
7&8 LF Rock side left, RF recover, LF close together beside R

R TOE-TOUCHES, REVERSE GRAPEVINE, L TOE-TOUCHES, REVERSE GRAPEVINE

1-2 Tap RF toes to 1:00 twice
3&4 Cross-step RF behind left; Step LF left, Cross-step RF in front of L, hold
5-6 Tap LF toes to 11:00 twice
7&8 Cross-step LF behind R, Step RF right, Cross-step LF in front of R, hold

TOE-STRUTS FORWARD R,L, KICK-BALL CHANGE, STEP-PIVOT 1/4 LEFT, STEP-PIVOT 1/2 LEFT

1&2& Touch RF toes forward, Drop heel, Touch LF toes forward, Drop heel
3&4 Kick RF forward, Step RF together, Step LF together
5-6 Step RF forward, Pivot 1/4 turn left (weight on left)
7-8 Step RF forward, Pivot 1/2 turn left (weight on left)

REPEAT - No Tags, No Restarts

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