

Beautiful Mum

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Silvia Schill (DE) - June 2018
音樂: Hey Mama - Mat Kearney



The dance begins with the use of the singing

S1: Heel, Close R + L, Step, Pivot ½ L, Step, Hold

1-2 Touch right heel forward - RF beside LF
3-4 Touch left heel forward - LF beside RF
5-6 Step forward with RF - ½ turn left on both bales, weight at end left (6 o'clock)
7-8 Step forward with RF - hold

S2: Heel, close l + r, step, pivot ¼ r, cross, hold

1-2 Touch left heel forward - LF beside RF
3-4 Touch right heel forward - RF beside LF
5-6 Step forward with LF - ¼ turn right on both bales, weight at the end right (9 o'clock)
7-8 Cross LF over RF - hold

S3: Behind, Side, Cross, Side, Side, Hold, ⅙ Turn R / Rock back

1-2 Step RF to right, cross LF behind RF
3-4 Step RF to right, cross LF over RF

Tag / Restart: In round 9 - direction 6 o'clock - break off here, dance Tag 1 and start again

5-6 Step RF to right - hold
7-8 ⅙ Turn right and step back with LF, lift RF slightly up (10:30) - weight back on RF

End: The dance ends here, leaving out the ⅙ turn right around - direction 6 o'clock; at the end 'step forward with LF - ½ turn right on both bales, weight at the end right - step forward with LF' (12 o'clock)

S4: Rock Forward, ⅙ Turn R / Rock Back, Step, Pivot ¼ r, Cross, Hold

1-2 Steps forward with LF, lift RF slightly up - weight back on RF
3-4 ⅙ turn right and step back with LF, lift RF slightly up (12 o'clock) - weight back on RF
5-6 step forward with LF - ¼ turn right on both bales, weight at end right (3 o'clock)
7-8 Cross LF over RF - hold

Restart: In the second round - direction 6 o'clock - stop here and start again; while on '7': 'LF beside RF'

S5: Touch, Heel 2x, Heels-Toes - Heels Swivels, Hold

1-2 Touch right toe beside LF (knee inwards) - Touch right heel beside LF (toe out)
3-4 Same as 1-2 (at '1-4' turn upper body a little to the left)

Tag / Restart: In the 4th round - direction 12 o'clock - break off here, dance Tag 2 and start again

5-8 RF beside LF / Turn both heels, toes and heels again to right (weight on the right) - hold

S6: Touch, Heel 2x, Heels - Toes - Heels Swivels, Hold

1-8 Same as step sequence before, but in mirror image starting with left

S7: Rock Forward, ¼ Turn r, Hold, Cross, Side, Cross, Hold

1-2 Step forward with RF, lift LF slightly up - weight back on LF
3-4 ¼ Turn right and step with RF to right (6 o'clock) - hold
5-6 Cross LF over RF - small step with RF to right
7-8 Cross LF over RF - hold

S8: Side, Touch, ¼ Turn L, Touch, Side, Lift Behind / Slap, Side, Touch

1-2 step RF to right - touch LF beside RF

3-4 ¼ turn left and step LF to left (3 o'clock) - touch RF beside LF
5-6 step RF to right - touch LF behind RF / clap on the boot
7-8 Step LF to left - touch RF beside LF

Repeat until the end

Tag 1 Side, Touch R + L

5-6 Step RF to right - touch LF beside RF
7-8 Step LF to left - touch RF beside LF

Tag 2 Slap-Snap, Hold

5 & 6 & Knock alternately on thighs (r - l - r - l)
7-8 Snap – hold

And don't forget to smile, because dancing is fun! There is no guarantee for errors in the translation, content, spelling, etc.! Contact: birgit.golejewski@gmail.com www.country-linedancer.de
