

# Please Mama Please

**COPPER** **NOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Teri Rogers (USA) - August 2018  
音樂: Please Mama Please - The Top Cats



## Start dancing on lyrics

### Shuffle Right, Rock Back, Recover, Step Left, Touch Right, Step Right, Touch Left

1&2      Step Right to right side, step left next to right, step right to right side.  
3-4      Rock back on Left, Recover on Right  
5-6      Step Left to Left side, Touch Right next to Left  
7-8      Step Right to Right side, Touch Left next to Right

### Shuffle Left, Rock Back, Recover, Step Right Touch Left, Step Left Touch Right

1&2      Step Left to Left side, Step right next to left, step left to left side  
3-4      Rock back on Right, Recover on Left  
5-6      Step Right to Right side, Touch Left next to Right  
7-8      Step Left to Left side, Touch Right next to Left

### Angle Body toward Left Front Corner and Step Slide Step Touch on Right, Angle Body Toward Right Front Corner and Step Slide Step Touch on Left

1-2      Step forward diagonally on right, slide left next to right  
3-4      Step forward on Right, Touch Left toe next to right instep  
5-6      Step forward diagonally on Left, slide right next to left  
7-8      Step forward on Left, Touch Right toe next to left instep

### Step Forward, Hold, Turn ¼ L, Hold, Rocking Chair

1-2      Step Forward on Right, Hold  
3-4      Turn ¼ Left stepping forward on Left, Hold  
5-6      Rock Forward on Right, Recover on Left  
7-8      Rock Back on Right, Recover on Left

## REPEAT

Choreographer Contact Information: [terirogers@hotmail.com](mailto:terirogers@hotmail.com)

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