

HEY Mama Don't stress Cha Cha

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Val Saari (CAN) - October 2018
音樂: Mama (feat. William Singe) - Jonas Blue



R TOE TOUCHES, CROSS-ROCK BACK, L TOE TOUCHES, CROSS-ROCK BACK

1-2 Touch RF toes forward twice
3&4 Cross-rock RF behind L, Recover LF, Step RF beside left
5-6 Touch LF toes forward twice
7&8 Cross-rock LF behind R, Recover RF, Step LF beside right

CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)

1-2 RF Cross over L, LF Recover weight
3&4 Recover RF, Step LF in place, Step RF in place
5-6 LF Cross over R, RF Recover weight
7&8 Step LF left pivot 1/4 L, Step RF beside L, Step LF together

SIDE TOGETHER R (CHA CHA CHA), L SIDE TOGETHER/FWD (CHA CHA CHA)

1-2 Step RF right, Step LF together
3&4 Step RF right, Step LF together, Step RF in place (cha, cha, cha)
5-6 Step LF left, Step RF together
7&8 Step LF forward, Step RF together, Step LF in place (Cha, Cha, cha)

RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2 Rock RF forward, Recover LF
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Rock LF forward, Recover RF
7&8 Rock LF back, Recover RF, Step LF beside right

REPEAT - No Tags, No Restarts

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