

Mama Tried

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Randi Kvist Gislinge (DK) - November 2018
音樂: Mama Tried - George Canyon



Start: 16 count from start at the Guitar.

Restart wall 4 after 16 counts – notice that the dance will turn from here.

S1. Walk fwd. R & L, R shuffle fwd. Step ½ turn R, step ¼ turn R.

1-2 Step fwd. R, step fwd. L
3&4 Step fwd. R, step L beside R, step fwd. R
5-6 Step fwd L turn ½ R, place weight on R (6)
7-8 Step fwd. L turn ¼ R, place weight on R (9)

S2. L Cross and Heel, R Cross and Heel, walk L-R, L side mambo

1&2& Cross step L over R, step R to R side, L heel dig, L beside R
3&4& Cross step R over L, step L to L side, R heel dig, R beside L
5-6 Walk L and R
7&8 Step L to L side, Recover weight on R, step L beside R

Restart - wall 4

S3. R heel-hook-heel-flick R shuffle fwd., L heel-hook-heel-flick L Shuffle fwd.

1&2& Touch R heel fwd., hook R heel in front of L, touch R heel fwd., flick R heel back
3&4 Step fwd. R, step L beside R, step fwd. R
5&6& Touch L heel fwd., hook L heel in front of R, touch L heel fwd., flick L heel back
7&8 Step fwd. L, step R beside L, step fwd. L

S4. Step 1/4 turn L, Cross shuffle R, L side Rock, L coaster

1-2 Step fwd R turn 1/4 L, place weight on L
3&4 Step R across L, step L beside R, step R across L
5-6 Rock L to L side, recover weight R
7&8 Step L back, step R beside L, step L fwd.

Last Update – 16th Jan. 2019

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