

Mama Courtney

拍數: 34 牆數: 4 級數: Improver
編舞者: Jan Moir (NZ) - January 2017
音樂: Mama Courtney - Robert Mizzell



(1-8) TOUCH R TO R, TOUCH R BESIDE L, HEEL TAP DIAG, HOOK, STEP LOCK STEP TOUCH L TO L, TOUCH L BESIDE R. HEEL TAP DIAG, HOOK, STEP LOCK STEP

1 & 2 Touch R toe to R, Touch R toe beside L, Heel tap diagonally fwd,
& 3 & 4 Hook R over L shin, Step fwd R Lock L behind R, Step fwd R,
5 & 6 Touch L toe to L, Touch L toe beside R, Heel tap diagonally fwd,
& 7 & 8 Hook L over R shin, Step fwd L, Lock R behind L, Step fwd L

(9-16) ROCK FWD, RECOVER, SHUFFLE ½ L X 2, COASTER

1 & 2 Rock fwd R, Recover L, Step back R
3 & 4 Shuffle ½ L, stepping L R L
5 & 6 Shuffle ½ L, stepping LR L
7 & 8 Step back on L, Step R beside L, Step fwd L

* Bridge – Walls 3, 6, & 7

(17-24) ROCK, RECOVER, CROSS, ROCK, RECOVER, CROSS, WEAVE R, ROCK & CROSS

1 & 2 Rock R to R side, Recover L, Cross R over L
3 & 4 Rock L to L side, Recover R, Cross L over R
5 & 6 & Step R to R side, L behind R, R to R side, Cross L over R
7 & 8 Rock R to R side, Recover L, Cross R over L

(25-32) WEAVE L, ROCK L, RECOVER R ¼ TURN R, FWD L, SWEEPS CROSS X 2, MAMBO

1 & 2 & Step L to L side, R behind L, L to L side, R across L
3 & 4 Rock L to L side, Recover R ¼ R, Step Fwd L
5 – 6 Sweep R fwd & across L, Sweep L fwd & across R
7 & 8 Step fwd R, Recover back on L, Step back on R

(33-34) COASTER

1 & 2 Step back on L, Step R beside L, Step L fwd (3 O'Clock)

REPEAT

BRIDGE ON WALLS 3, 6, & 7 – AFTER COUNT 16

1 & 2 & Rock fwd R, Recover L, Rock back R, Recover L

TAG END WALL 3: SCISSORS X 2

1 & 2 Step R to R, Step L beside R, Cross R over L 3 & 4 Step L to L, Step R beside L, Cross L over R