

Mama Told Me Not To Come

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Marilyn Lowery - January 2019
音樂: Mama Told Me (Not to Come) - Three Dog Night



Alternate Music: I'm Gonna Make You Mine by Lou Christie
Start Dance on "Mama Told Me Not to Come"

LINDY TO THE RIGHT & LEFT

1 & 2 Triple to Right Side (RLR)
3-4 Rock Left Back, Recover on Right
5 & 6 Triple to Left Side (LRL)
7-8 Rock Right Back, Recover on Left

2 TOE STRUTS FORWARD, RIGHT AND LEFT MAMBO

1-2 Touch Right Toe Forward, Step down on Heel
3-4 Touch Left Toe Forward, Step down on Heel
5 & 6 Step Right to Side, Left in Place, Right next to L
7 & 8 Step Left to Side, Right in Place, Left next to R

ROCK RECOVER, 1/2 TURN R WITH TRIPLE, RR, 1/4 TURN L WITH TRIPLE

1-2 Rock Forward on Right, Recover on Left
3 & 4 1/2 Turn Right with Triple (RLR)
5-6 Rock Forward on Left, Recover on Right
7 & 8 1/4 Turn Left with Triple (LRL)

2 TOE STRUTS FORWARD, RIGHT AND LEFT MAMBO

1- 2 Touch Right Toe Forward, Step Down on Heel
3-4 Touch Left Toe Forward, Step Down on Heel
5 & 6 Step Right to Side, Left in Place, Step Right next to L
7 & 8 Step Left to Side. Right in Place, Step Left next to R

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