

Emotions

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Karl-Harry Winson (UK) - March 2019
音樂: Mama (feat. Ellie Goulding) - Clean Bandit



Intro: 20 Counts from where Lyrics Start (begin on lyrics "I See My Body)

Right Samba Step. Cross. 1/8 turn Left. Back Step. Coaster 1/8 Cross. Left. Ball 1/4 Turn Left X3

- 1&2 Step Right forward crossing slightly over Left. Rock Left to Left side. Recover weight on Right.
- 3&4 Cross Left over Right. Turn 1/8 turn Left stepping Right back. Step back on Left. (10.30)
- 5&6 Step Right back Turn 1/8 Left. Step Left beside Right. Step forward on Right slightly crossing over Left. (9.00)
- 7&8 Turn 1/4 Left stepping Left forward (6.00). Step Right behind Left. Turn 1/4 Left stepping Left forward (3.00)
- &1 Step Right behind Left. Turn 1/4 Left stepping Left forward. (12.00)

***Note: Counts 7 – 1 is a circular motion to the Left taking you round to the front Wall.**

Mambo 1/2 Turn Right. 1/2 Turn Right. Right Coaster Step. Side Rock. Cross-Side.

- 2&3 Rock Right forward. Recover weight on Left. Turn 1/2 Right stepping Right forward. (6.00)
- 4 Turn 1/2 Right stepping Left back (12.00).
- 5&6 Step Right back. Step Left beside Right. Step forward on Right.
- 7&8 Rock Left to Left side. Recover weight on Right. Cross Left over Right.
- & Step Right to Right side.

Back Rock. Ball-Cross. Side. Sailor 1/4 Turn Right. Ball-Step. Pivot 1/2 Turn Left.

- 1 – 2 Rock Left back behind Right. Recover weight on Right.
- &3,4 Step Left beside Right. Cross Right over Left. Step Left to Left side.
- 5&6 Cross Right behind Left turning 1/4 Right. Step Left beside Right. Step Right forward. (3.00)
- &7,8 Step Left beside Right. Step forward on Right. Pivot 1/2 Turn Left. (9.00)

1/2 Left. Left Sweep. Behind-Side. Left Cross Shuffle. Side Rock Cross. 1/4 Turn Right X2. Close.

- 1 Turn 1/2 turn Left stepping Right back (sweeping Left from front to back).
- 2&3 Cross Left behind Right. Step Right to Right side. Cross Left over Right.
- &4 Step Right to Right side. Cross Left over Right.
- 5&6 Rock Right to Right side. Recover weight on Left. Cross step Right over Left.
- 7,8& Turn 1/4 Right stepping Left back. Turn 1/4 Right stepping Right to Right side. Close Left beside Right. (9.00)

Right Side. Ball-Change (In Place) Left Side. Ball-Change (In Place). 1/4 Turn Left. Ball-Change (In Place). Side. Right Coaster Step.

- 1,2& Step Right to Right side. Step Left beside Right. Step Right in place beside Left. (9.00)
- 3,4& Step Left to Left side. Step Right beside Left. Step Left in place beside Right. (9.00)
- 5,6& Turn 1/4 Left stepping Right to Right side. Close Left beside Right. Step Right in place beside Left. (6.00)
- 7 Step Left to Left side.
- 8&1 Step Right back. Step Left beside Right. Step forward Right. (6.00)

Full Chase Turn Right. Back Step. Back Rock. Ball-Step. Forward Step.

- 2&3 Step Left forward. Pivot 1/2 turn Right (12.00). Turn 1/2 Right stepping back on Left. (6.00)
- 4 Step back on Right.
- 5 – 6 Rock back on Left. Recover forward on Right.
- &7-8 Step Left beside Right. Step Right forward. Step forward on Left. (6.00)

Start Again
