

Mama Said

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Laura Rittenhouse (AUS) - July 2019
音樂: Mama Said - The Shirelles



Start after 16 beats (2 beats before lyrics "Mama said")

VINE RIGHT & ROCK BACK

1,2,3,4 Step R to R, Cross L behind R, Step R to R, Hold
5,6,7,8 Slow rock L back at R diagonal (1,2), Recover R (3,4)

VINE LEFT & ROCK BACK

1,2,3,4 Step L to L, Cross R behind L, Step L to L, Hold
5,6,7,8 Slow rock R back at L diagonal (1,2), Recover L (3,4)

ROCK FORWARD

1,2,3,4 Rock forward R, Recover back L, Rock forward R, Hold
5,6,7,8 Rock forward L, Recover back R, Rock forward L, Hold

SIDESTEP BACK ON DIAGONAL TURNING ¼ LEFT

1,2,3,4 Step R back on R diagonal (1:30), Step L beside R, Step R back on R diagonal, Touch L beside R
5,6,7,8 Turning ¼ L step L back on L diagonal (10:30), Step R beside L, Step L back on L diagonal, Square up to 9:00 touching R beside L