

True Fine Mama

拍數: 48 牆數: 4 級數: Improver
編舞者: Christine Steindl (AUT) - July 2019
音樂: True Fine Mama, Little Richard (Digitally Remastered) - bpm: 152



Alternative music: Good Golly, Miss Molly (Little Richard) bpm: 166 - Intro: 48 cts
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[1-8]: Touch Ball Change R - 2x, Skate Steps R, L with Holds

1&2 (1) Touch R next to L; (&) Step R next to L; (2) Step L next to R;
3&4 (3) Touch R next to L; (&) Step R next to L; (4) Step L next to R;
5-6 (5) Skate R to right diagonal (pointing R toe to R); (6) Hold;
7-8 (7) Skate L to left diagonal (pointing L toe to L); (6) Hold;

[9-16]: Touch Ball Change R - 2x, Boogie Walks R, L, R, L

1&2 (1) Touch R next to L; (&) Step R next to L; (2) Step L next to R;
3&4 (3) Touch R next to L; (&) Step R next to L; (4) Step L next to R;
5-8 (5) Step forward R; (6) Step Forward L; (7) Step forward R; (8) Step Forward L;
(styling cts 5-8: knees are slightly bent, step on balls of feet from outside edge to in, rolling knees to each side)

[17-24]: Side Rock R, Behind R, Side Rock L, Behind L, 1/4 Turn R, Step R, Side L

1-2-3 (1) Rock R to R side; (2) Recover onto L; (3) Cross R Behind L;
4-5-6 (4) Rock L to L side; (5) Recover onto R; (6) Cross L Behind R;
7-8 (7) Make a 1/4 turn right stepping forward R; (8) Step L to left side; (3:00)

[25-32]: Back Rock R, Toe Heel Cross Swivel R, Toe Heel Cross Swivel L

1-2 (1) Rock R to back; (2) Recover onto L;
3-4-5 (3) Touch R toe next to L, turn L heel to right; (4) Touch R heel next to L, turn L heel to left;
 (5) Cross R before L, turn L heel to right;
6-7-8 (6) Touch L toe next to R, turn R heel to left; (7) Touch L heel next to R, turn R heel to right;
 (8) Cross L before R, turn R heel to left;

When using the alternative music: Good Golly, Miss Molly

add Tag here: on Wall 2 bei (6:00) on Wall 3 bei (9:00) and on Wall 6 bei (6:00) !!

[9-10]: Back Rock R

9-10 (9) Rock R back; (10) Recover onto L;

[33-40]: Slow Weave R

1-2-3-4 (1) Step R to right side; (2) Hold; (3) Cross L behind R; (4) Hold;
5-6-7-8 (1) Step R to right side; (2) Hold; (3) Cross L over R; (4) Hold;

[41-48]: Knee-Swavs - 3x, Side re, Heel-Bounces

1-2 (1) Swing R knee over L to left; (2) Swing R knee to right;
3-4 (3) Swing R knee over L to left; (4) Step R to left side;
5-8 (5) Lift R heel; (6) Lower R Heel; (7) Lift R heel; (8) Lower R Heel, weight stays L;

Enjoy the dance!