

Mama Makes Three

COPPER KNOB
BY STEPHENETS

拍數: 48 牆數: 2 級數: Easy Intermediate
編舞者: Ami Carter (UK) - July 2019
音樂: Mama Makes Three (SMASH Cast Version) (feat. Jennifer Hudson) - SMASH
Cast : (Album: SMASH - The Complete Season Two)



[1 – 8] R STEP, TOUCH, L STEP, TOUCH, R BEHIND-SIDE-CROSS, L POINT

1 2 Step right foot to right side, touch left toe to left diagonal
3 4 Step left foot to left diagonal, touch right toe to right diagonal
5 6 7 Cross right foot behind left, step left to left side, cross right foot over left
8 Point left toe to left side whilst angling body to face right diagonal (12.00)

[9 – 16] L CROSS, ¼, ¼, R POINT, ¼, ½, R COASTER STEP

1 2 3 Cross left foot over right, make ¼ turn left stepping right foot back, make ¼ turn left stepping left foot out to left side (6.00)
4 Point right toe to right side
5 6 Make ¼ turn right stepping right foot forward, make ¼ turn right stepping left foot back (3.00)
7&8 Step right foot back, close left foot next to left, step right foot forward

[17 – 24] L TOE STRUT, R TOE STRUT, L ROCKING CHAIR

1 2 Touch left toe forward, drop left heel taking weight onto left foot
3 4 Touch right toe forward, drop right heel taking weight onto right foot
5 6 7 8 Rock left foot forward, recover weight back onto right, rock left foot back, recover weight forward onto right

Restart: Wall 5 (see below)

[25 – 32] L STEP ½ PIVOT, L ROCK, RECOVER, OUT-OUT, HEEL BOUNCE x2, BALL-CROSS

1 2 Step left foot forward, make ½ turn right changing weight onto right foot (9.00)
3 4 Rock left foot forward, recover weight back onto right foot
&5 Step left foot back to left diagonal, step right foot out to right side
6 7 Bounce both heels twice
&8 Step ball of right foot next to left, cross left foot over right

[33 – 40] R GRAPEVINE ¼ TURN, BRUSH, L STEP, ¼ TOUCH, R STEP ¼, L BRUSH

1 2 3 Step right foot to right side, cross left foot behind right, make ¼ turn right stepping right foot forward (12.00)
4 Brush left foot forward
5 6 Step left foot forward, make ¼ turn right touching right toe next to left foot (3.00)
7 8 Make ¼ turn right stepping right foot forward, brush left foot forward (6.00)

[41 – 48] L ROCK, RECOVER, ½ TURNING SHUFFLE, BRUSH, ¼ HITCH, ¼ STEP BACK, L COASTER STEP

1 2 Rock left foot forward, recover weight back onto right foot
3&4 Make ¼ turn left stepping left foot to left side, close right foot next to left, make ¼ turn left stepping left foot forward (12.00)
5&6 Brush right foot forward, make ¼ turn left hitching right knee, make ¼ turn left stepping right foot back (6.00)
7&8 Step left foot back, close right foot next to left, step left foot forward

START AGAIN

Restart – Wall 5: Do routine up to an including count 20 then do the following

21 – 24 Rock left foot forward, recover weight back onto right foot, make $\frac{1}{4}$ turn left stepping left foot to left side, touch right toe next to left (12.00)

Note: After 16 counts of Wall 7, the music becomes more up tempo – just keep dancing! You don't have to change anything... there's only a couple of walls to go!

Last Update - 5 Sept. 2019
