

Momma's Walking Shoes

拍數: 64 牆數: 4 級數: Improver
編舞者: Bob Francis (UK) - February 2020
音樂: Nothin' for a Broken Heart - Vince Gill



S1. SIDE BEHIND SIDE TOUCH, HEEL TOUCH, POINT, FLICK.

1-2 Step Right to right side, Step Left behind Right.
3-4 Step Right to right side, Touch Left next to Right.
5-6 Dig Left heel forward, Touch Left next to Right.
7-8 Point Left toe to Left side, Flick Left behind Right.

S2. SIDE BEHIND, QUARTER TOGETHER, TWIST, TWIST.

1-2 Step Left to Left side, Step Right behind Left,
3-4 Step forward on Left making quarter turn left, Step Right next to Left [weight on both feet].
5-6 Twist both heels to right, Twist both heels back to the centre.
7-8 Twist both heels to right, Twist both heels back to the centre.

S3. REVERSE RHUMBA BOX.

1-2 Step Right to Right side, Step Left next to Right.
3-4 Step back on Right, Touch Left next to Right.
5-6 Step Left to Left side, Step Right next to Left.
7-8 Step forward on Left, Brush Right forward.

[Restart 1 here in wall 4]

S4. STEP HALF STEP, TRIPLE FULL TURN.

1-2 Step forward on Right, Pivot half turn left, Step forward on Left.
3-4 Step forward on Right, Hold.
5-6 Step back on Left making half turn right, Step forward on Right making half right.
7-8 Step forward on Left, Hold.

[Alternative steps 5-8: run forward on Left, Right, Left, Hold]

S5. STOMP, HEEL TOE HEEL, STOMP, HEEL TOE HEEL.

1-2 Stomp forward on Right to right diagonal, Wind Left heel towards Right.
3-4 Wind Left toe towards Right, Wind Left heel towards Right. [Keep weight on Right]
5-6 Stomp Left forward to left diagonal, Wind Right heel towards Left.
7-8 Wind Right toe towards Left, Wind Right heel towards Left. [Keep weight on Left] [Restart 2 here in wall 6]

S6. BACK ROCK, KICK KICK, BACK ROCK, KICK KICK.

1-2 Rock back on Right, Recover on Left.
3-4 Double kick Right foot forward, keeping weight on Left.
5-6 Rock back on Right, Recover forward on Left.
7-8 Double kick Right foot forward, keeping weight on Left.

S7. RIGHT LOCKSTEP BACK, HOLD, LEFT COASTER, BRUSH.

1-2 Step back on Right, Cross Left over Right.
3-4 Step back on Right, Hold.
5-6 Rock back on Left, Step Right next to Left,
7-8 Step forward on Left, Brush Right forward.

S8. RIGHT LOCK FORWARD, BRUSH, PIVOT HALF STEP, HOLD.

1-2 Step forward on Right, Lock Left behind Right.
3-4 Step forward on Right, Brush Left forward.

5-6 Step forward on Left, Pivot half turn right, Step forward on Right.
7-8 Step forward on Left, Hold.

**Tag - at the end of wall one, facing 9:00:
Right mambo forward, Left coaster cross.**

**Restarts - facing 12:00:
Wall 4 after 24 counts
Wall 6 after 40 counts**

**Ending – you will be facing 6:00:
Walk forward on Right, Left. Pivot half step to face 12:00.**
