

Hot Mama P

拍數: 64 牆數: 4 級數: Improver
編舞者: Rob Fowler (ES) - February 2020
音樂: Hot Mouth Mama - Jason James



Intro: 16 counts (approx. 6 secs) (NO tags or restarts)

S1: Weave R, Side R, Hold, Rock Back, Recover

1,2,3,4 Step R to R side, step L behind R, step R to R side, cross L over R
5,6 Step R to R side, hold
7,8 Rock back L, recover weight on R (12 o'clock)

S2: Side, Touch, Side, Touch, Side, Together, ¼ Turn, ¼ Turn Brush

1,2 Step L to L side, touch R next to L (& clap)
3,4 Step R to R side, touch L next to R (& clap)
5,6 Step L to L side, step R next to L
7,8 Make ¼ turn L stepping fwd L, make ¼ turn L brushing R next to L (weight on L) (6 o'clock)

S3: R Rumba Box Fwd, Hold, L Rumba Box Back, Hold

1,2,3,4 Step R to R side, step L next to R, step fwd R, hold
5,6,7,8 Step L to L side, step R next to L, step back L, hold (6 o'clock)

S4: R Lock Step Back, Hold, L Coaster, Hold

1,2,3,4 Step back R, lock step L over R, step back R, hold
5,6,7,8 Step back L, step R next to L, step fwd L, hold (6 o'clock)

S5: Full Turn Fwd, Step R, Hold, L Mambo, Hold

1,2 Make ½ turn L stepping back R, make ½ turn L stepping fwd L
3,4 Step fwd R, hold
5,6,7,8 Rock fwd L, recover weight on R, step back L, hold (6 o'clock)

S6: R Coaster, Hold, Scissor ¼ Turn Cross, Hold

1,2,3,4 Step back R, step L next to R, step R fwd, hold
5,6 Make ¼ turn R stepping L to L side, step R next to L
7,8 Cross L over R, hold (9 o'clock)

S7: Reverse Full Turn L, Hold, Rock, Recover, Side, Hold

1,2 Make ¼ turn L stepping back R, make ½ turn L stepping fwd L
3,4 Make ¼ turn L stepping R to R side
5,6,7,8 Rock back L, recover weight on R, step L to L side, hold (9 o'clock)

S8: R Coaster, Hold, Step L, ½ Turn, Step L, Brush

1,2,3,4 Step back R, step L next to R, step R fwd, hold
5,6,7,8 Step fwd L, pivot ½ turn R, step fwd L, brush R fwd (3 o'clock)

Start Over