

Cuz Boy, I Ain't Your MAMA!

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Val Saari (CAN) - March 2020
音樂: Ain't Your Mama - Jennifer Lopez : (3:39)



Begin on the word "I"

WALK FORWARD R,L,R, POINT L, WALK BACK L,R,L, POINT R

1-4 Walk forward, R,L,R, Touch LF toes to L side
5-8 Step back, L,R,L, Touch RF toes to R side

MAMBOS CHA CHA CHA X 2 (RIGHT, LEFT 1/4 TURN L)

1-2 RF Cross over L, LF Recover weight
3&4 Recover RF, Step LF in place, Step RF in place
5-6 LF Cross over R, RF Recover weight
7&8 Step LF 1/4 Turn left, Step RF beside L, Step LF in place

OUT-IN-OUT CROSS RL

1-2 Point RF to R side, Touch RF beside L
3-4 Point RF to R side, Cross RF over L (optional clap)
5-6 Point LF to L side, Touch LF beside R (optional clap)
7-8 Point LF to L side, Cross LF over R

RF ROCK/RECOVER, TURNING SHUFFLES (1/2 R, 1/2 R), RF ROCK BACK/RECOVER

1-2 Rock RF forward, recover LF
3&4 Shuffle back RLR turn 1/2 R
5&6 Shuffle back LRL turn 1/2 R
7-8 Rock RF back, LF recover (optional RF flick)

Note: If you do not want to do the turning shuffles, just shuffle straight back instead (omitting the turns)

REPEAT

No Tags Or Restarts

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