

The Only Mama

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Beatriz Gonzalez Paradell (UK) - May 2020
音樂: The Only Mama That'll Walk the Line - LeAnn Rimes



Intro: 32 count intro

[1-8] GRAPEVINE TO RIGHT, GRAPEVINE TO LEFT

1-2 RT foot step right, LT foot cross behind RT foot
3-4 RT foot step right, LT foot touch together
5-6 LT foot step left, RT foot cross behind LT foot
7-8 LT foot step left, RT foot touch together

[9-16] STOMP RIGHT, SWIVEL HEEL, TOE, HEEL, STOMP LEFT, SWIVEL HEEL, TOE, HEEL

9-10 Stomp right foot forward to right diagonal, swivel left heel towards right heel
11-12 Swivel left toe towards right heel, swivel left heel towards right heel
13-14 Stomp left foot forward to left diagonal, swivel right heel towards left heel
15-16 Swivel right toe towards left heel, swivel right heel towards left heel

*Restart on wall 2 after 16 counts.

[17-24] LOCK STEP, SCUFF, LOCK STEP, SCUFF

17-18 RT foot step forward, LT foot cross behind RT foot
19-20 RT foot step forward, LT foot scuff forward
21-22 LT foot step forward, RT foot cross behind RT foot
23-24 LT foot step forward, RT foot scuff forward

[25-32] FORWARD, ½ TURN, FORWARD, HOLD, ¾ TURN, CROSS, HOLD

25-26 RT foot step forward, ½ turn anticlockwise (06:00)
27-28 RT foot step forward, hold
29-30 ½ turn clockwise (12:00), ¼ turn clockwise (03:00)
31-32 LT foot cross over RT foot, Hold

[33-40] SIDE TOE STRUT, CROSS TOE STRUT, ROCK RECOVER, CROSS, HOLD

33-34 Right ball to right side, drop right heel on the floor
35-36 Left ball cross over right, drop left heel on the floor
37-38 Rock side on right, recover on left
39-40 RT foot cross over LT foot, Hold

[41-48] SIDE TOE STRUT, CROSS TOE STRUT, ROCK RECOVER, CROSS, HOLD

41-42 Left ball to right side, drop left heel on the floor
43-44 Right ball cross over right, drop right heel on the floor
45-46 Rock side on left, recover on right
47-48 LT foot cross over RT foot, Hold

[49-56] LOCK STEP, KICK, COASTER STEP, SCUFF

49-50 RT foot step backward, LT foot cross over RT foot
51-52 RT foot step backward, LT foot kick forward
53-54 LT foot step backwards, RT foot together
55-56 LT foot step forward, scuff forward with RT foot

[57-64] FORWARD, HEEL DROP x3, FORWARD, TOUCH, BACKWARD, TOUCH

57-58 RT toe touch forward, RT heel drop
59-60 RT heel drop, RT heel drop

61-62 RT foot step slightly forward with full weight, LT foot touch together
63-64 LT foot step diagonally backward, RT foot touch together.

After TAG 4, repeat the counts from 49 to 64, then TAG 1 and start again from the top.

TAGS:

TAG 1 (AFTER WALL 1 & THE REPEAT): 4 counts

1-2 RT foot step diagonally backwards, LF touch together
3-4 LT foot step diagonally forward, RT foot touch together.

TAG 2 (AFTER WALL 2): 6 counts

1-2 RT foot step diagonally backwards, LF touch
3-4 LT foot step diagonally forward, RT foot touch
5-6 Roll left hip left, Roll right hip right

TAG 3 (AFTER WALL 3): 8 counts

1-2 RT foot step diagonally backwards, LF touch
3-4 LT foot step diagonally forward, RT foot touch
5-6 Roll left hip left, Roll right hip right
7-8 Roll left hip left, hitch with RT leg

TAG 4 (AFTER WALL 4): 9 counts

1-2 RT foot step diagonally backwards, LF touch
3-4 LT foot step diagonally forward, RT foot touch
5-6 Roll left hip left, Roll right hip right
7-8 Roll left hip left, hitch with RT leg
9& RT foot rock forward, recover weight to LT foot

NOTE: the sequence of the dance is 64c – tag 1 – 16c – Restart – 64c – tag 2 – 64c – tag 3 – 64c – tag 4 – Repeat (49 to 64) – tag 1 – start again for 16c.

Enjoy!
