

Jesus and My Mama

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 4 級數: Improver
編舞者: Elisabeth Elkuch-Heid (CH/LIE) - July 2020
音樂: Jesus & My Mama - Gabby Barrett



[1-8] Kick R (Arms up) Ball Touch L Side (Arms down), Kick L (Arms up), Ball Touch R Side (Arms down), Step R Fwd, 1/2 Turn L, Full Turn L (R,L) (6)

1&2 Kick R Fwd (Arms up), Step R next to L, Touch L to left side (Arms down)
3&4 Kick L Fwd (Arms up), Step L next to R, Touch R to right side (Arms down)
5,6 Step Fwd R, 1/2 Turn L (Weight L)
7,8 Full Turn L with R, L

[9-16] R Heel Fwd, Hook, Back R, Kick L, Hook, Back, Bend Both Knees To Right Side, Straighten Up both Knees and Turn 1/4 left (3)

1&2 R Heel Fwd, R Hook L, R Heel Fwd
& R Back to Center and Kick L Fwd
3&4 L Hook R, Kick L Fwd, Step L Down
5,6 Bend both Knees to right, and up again with 1/4 Turn L (Weight L)
7&8 1/2 Turn Shuffle left with: R-L-R (slightly back)

[17-24] Coaster Step, Walk, Walk, Mambo 1/2 Turn R, Shuffle 1/2 Turn Right (9)

1&2 Step L Back, Step R next to L, Step L Fwd
3,4 Walk Fwd R, L
5&6 Step R Fwd, Recover L, 1/2 Turn R and Step Fwd on R
7&8 Shuffle 1/2 Turn R: L-R-L

[25-32] R Heel Fwd & Toe Back L, 1/4 Turn L - Back Toe R & L Heel Fwd - Repeat

1&2 Touch R Heel Fwd, Back to Center, Touch L Toe Back
&3&4 Back to Center, 1/4 Turn L and Touch R Toe Back, Back to Center, Touch L Heel Fwd
&5&6& Back to Center, Touch R Heel Fwd, R to Center, Touch L Toe Back, L to Center
7&8& 1/4 Turn L and Touch R Toe Back, R to Center, Touch L Heel Fwd, L to Center

[33-40] Diagonal Lock Steps R With Scuff, Diagonal Lock Steps L With Touch (3)

1-4 Step R diagonal Fwd, L next to R, Step Fwd R, Scuff L

During Walls 3. (9) und 5. (3) Wand stop here and substitute count 4 with Step L next to R (Step Change) - and restart the dance

5-8 Step L diagonal Fwd, R next to L, Step Fwd L, Touch R next to L (3)

Tag: After Wall 2

(6) add these steps:"

[1-8] Heel Hook Heel Flick, Cha Cha Cha in Place R & L

1&2& Touch R Heel Fwd, R Hook F, Touch R Heel Fwd, Flick R
3&4 Triple Steps in Place: R-L-R
5&6& Touch L Heel Fwd, L Hook R, Touch L Heel Fwd, Flick L
7&8 Triple Steps in Place: L-R-L

[9-16] Rock Fwd Recover Coaster Step R & L

1,2 Step R Fwd, Recover L
3&4 Step R Back, Step L next to R, Step R Fwd
5,6 Step L Fwd, Recover R
7&8 Step L Back, Step R next to L, Step L Fwd

