

My Mom

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Improver
編舞者: Claudia Arndt (DE) - May 2021
音樂: Mother - Sugarland



Intro: 16 count on lyrics - 2 tags

S1: Walk 2, shuffle forward, heel & touch & heel & touch

1-2 2 steps forward (r - l)
3&4 Step R forward, step L next to R, step R forward
5& Touch left heel forward and step L beside R
6& Touch right toe beside L, step R next to L
7&8 Touch left heel forward, step L next to R, touch right toe beside L

S2: Heel grind turning $\frac{1}{4}$ r, coaster step, heel grind turning $\frac{3}{4}$ l, coaster step

1-2 Step right heel forward, turn $\frac{1}{4}$ to right and step back behind L (3:00)
3&4 Step R back, step L beside R, step R forward
5-6 Step left heel forward, turn $\frac{3}{4}$ left and step R back (6:00)
7&8 Step L back, step R beside L, step L forward

S3: Shuffle forward r + l, heel & toe $-\frac{1}{4}$ turn l- toe & heel

1&2 Step R forward, step L next to R, step R forward
3&4 Step L forward, step R next to L, step L forward
5&6 Touch right heel forward, step R next to L, touch left toe back
&7&8 Make a $\frac{1}{4}$ turn left step L next to R, touch right toe back, step R next to L, touch left heel forward (3:00)

S4: Rock forward, shuffle back turning $\frac{1}{2}$ r, rock forward, shuffle back turning $\frac{1}{2}$ l

1-2 Step R forward, weight back on L
3&4 R turn $\frac{1}{4}$ right, step LF next to R, turn $\frac{1}{4}$ right forward on R (9:00)
5-6 Step L forward, weight back on R
7&8 L turn $\frac{1}{4}$ left, step R next to L, turn $\frac{1}{4}$ left forward on L (3:00)

S5: Rock side, behind-side-cross, rock side, behind, unwind $\frac{3}{4}$ l

1-2 Step R to right, weight back on L
3&4 Cross R behind L, step L to left, cross R over L
5-6 Step L to left, weight back on R
7-8 Cross L behind R and turn $\frac{3}{4}$ left on both balls (weight on L (6:00))

Start dancing from the beginning.

Tag 1 (after the end of the 2nd and 4th wall, 12:00)

T1-1: Rock forward, shuffle back, rock back, shuffle forward

1-2 Step R forward, weight back on L
3&4 Step R back, step L next to R, step R back
5-6 Step L back, weight back R
7&8 Step L forward, step R next to L, step L forward

Tag 2 (after the end of the 5th wall, 6:00)

T2-1: Side/sways

1-2 Step R to right /hips slowly swing to right
3-4 Swing weight back on L/hips slowly to left

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