

Poor Mama

拍數: 24 牆數: 4 級數: Beginner
編舞者: Sophie Cournoyer (CAN) - 27 October 2021
音樂: My Poor Mama - Don Amero



Intro : 16 counts

[1-8] Walk, Walk, Mambo Forward, Back, Back, Syncopated Rock Back, Together

1-2 Walk RF forward (1) - Walk LF forward (2)
3&4 Rock RF forward (3) - Recover on LF (&) - Step RF back (4)
5-6 Walk LF back (5) - Walk RF back (6)
7&8 Rock LF back (7) - Recover on RF (&) - Step LF next to RF (8)

[9-16] 1/8 Turn L with Hip Sway (X2), Heel Strut (X2)

1-2 1/8 turn L stepping RF to R and sway hips to R (1) - Sway hips to L (weight on LF) (2)
3-4 1/8 turn L stepping RF to R and sway hips to R (3) - Sway hips to L (weight on LF) (4)
5-6 Step R heel forward (5) - Drop RF (weight on RF) (6)
7-8 Step L heel forward (7) - Drop LF (weight on LF) (8)

[17-24] Step Pivot ½ Turn L, Shuffle Forward, Out, Out, In, Touch

1-2 Step RF forward (1) - Pivot ½ Turn L (weight on LF) (2)
3&4 Step RF forward (3) - Step LF next to RF (&) - Step RF forward (4)
5-6 Step LF forward on diagonal L (5) - Step RF forward on diagonal R (6)
7-8 Step LF back (7) - Touch RF next to LF (8)

No tag, no restart.

Have fun!

For more informations : cournoyer.sophie.sc@gmail.com.