

Oh Mama

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - November 2021
音樂: Mama (feat. Sting) - GASHI : (Album: Sting - Duets / Gashi - 1984)



Start: On Main Lyrics Seconds: 18 Counts: 32 BPM: 113

CROSS, SIDE, BEHIND, POINT, CROSS, ¼ TURN, SHUFFLE BACK

1-2 Cross Right Over Left, Step Left To Left
3-4 Cross Right Behind Left, Point Left To Left
5-6 Cross Left Over Right, ¼ Turn Left Stepping Back On Right 09:00
7&8 Step Back On Left, Step Right By Left, Step Back On Left

ROCK, RECOVER, KICK BALL STEP, SWIVEL STEPS FORWARD X2 (DOWN, UP, DOWN, UP)

9-10 Rock Back On Right, Recover On Left
11&12 Kick Right Forward, Step On Ball Of Right, Step Forward On Left
13-14 With A Slight Dip Swivel Both Heels Left Stepping Fwd On Right, Returning To Centre
Stepping Forward On Left
15-16 With A Slight Dip Swivel Both Heels Left Stepping Fwd On Right, Returning To Centre
Stepping Forward On Left

VAUDEVILLE, CROSS SHUFFLE, SWAY, RECOVER, ½ RONDE SWEEP BACK

17&18 Cross Right Over Left, Step Left To Left, Extend Right Heel To Right Diagonal
&19&20 Step Right By Left, Cross Left Over Right, Step Right To Right, Cross Left Over Right
21-22 Sway Right, Recover On Left
23-24 ½ Ronde Sweep To Right (Backwards) Step Right Beside Left (Weight On Right) 03:00

JAZZ BOX, CROSS, TOE TOUCHES, BIG STEP, DRAG

25-26 Cross Left Over Right, Step Back On Right
27-28 Step Left To Left, Cross Right Over Left
29&30 Touch Left To Left, Step Left By Right, Touch Right To Right
&31-32 Step Right By Left, Take A Big Step To Left, Drag Right Touch By Left

TOE, HEEL, STOMP X2, HINGE TURN X2

33&34 Touch Right Toe Forward, Touch Right Heel Forward, Stomp Forward On Right
35&36 Touch Left Toe Forward, Touch Left Heel Forward, Stomp Forward On Left
37-38 On Ball Of Left Make ¼ Hinge Turn Left, Stepping Right To Right (Click Fingers) 12:00
39-40 On Ball Of Right Make ½ Hinge Turn Left, Stepping Left To Left (Click Fingers) 06:00

RESTART: During Wall 2 (Facing: 12:00) ENDING: During Wall 6 Cross Right Over Left, Splaying Arms (Facing 12:00)

HITCH, STEP, SLIDE x2, KICK, BALL, TOUCH, SWIVEL HEELS

41&42 Hitch Right Knee To Left Thigh, Step Right To Right, Slide Left By Right
43&44 Hitch Right Knee To Left Thigh, Step Right To Right, Slide Left By Right
45&46 Kick Right Forward, Step Slightly Back On Ball Of Right Foot, Touch Left Forward
47-48 Swivel Both Heels Left (Slightly Lifting Left Hip) Return To Centre (Weight On Right)

CROSS POINTS X2, ¼ JAZZ BOX, STEP

49-50 Cross Left Over Right, Point Right To Right
51-52 Cross Right Over Left, Point Left To Left
53-54 Cross Left Over Right, Step Back On Right
55-56 Make ¼ Turn Left Stepping Left To Left, Step Forward On Right 03:00

STEP, TOUCH, HEEL SWITCHES, ROCK, RECOVER, ¾ TRIPLE TURN

57-58 Step Forward On Left, Touch Right Behind Left

&59&60 Step Back On Right, Touch Left Heel Forward, Step Left By Right, Touch Right Heel Forward

&61-62 Step Right By Left, Rock Forward On Left, Recover On Right

63&64 ¾ Triple Turn Left Stepping Left, Right, Left 06:00

START AGAIN

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