

# Mama

拍數: 80      牆數: 4      級數: Phrased High Beginner  
編舞者: Juli Santoso Pikir (INA) - December 2021  
音樂: Mama - Eddy Silitonga



SEQUENCE : AA-BB-CC-Tag-A-BBB12c

## PART A: 32c

### S-1. RUMBA BOX (SHUFFLE) - RUMBA BOX (BACK SHUFFLE)

1 2            Step RF to side - Close LF beside RF  
3&4          Step RF forward - LF together - Step RF forward  
5 6            Step LF to side - Close RF beside LF  
7&8          Step LF back - RF together - Step LF back

### S-2. BACK ROCK - SHUFFLE, FORWARD ROCK - BACK SHUFFLE -

1 2            Step RF back - Recovered on LF  
3&4          Step RF forward - LF together - Step RF forward  
5 6            Step LF forward - Recovered on RF  
7&8          Step LF back - RF together - Step LF back

### S-3. BEHIND ROCK - CHASSE (R/L)

1 2            Cross RF behind LF - Recovered on LF  
3&4          Step RF to side - close LF beside RF - Step RF to side  
5 6            Cross LF behind RF - Recovered on RF  
7&8          Step LF to side - close RF beside LF - Step LF to side

### S-4. PIVOT ¼ TURN L - SHUFFLE, PIVOT ½ TURN R - SHUFFLE

1 2            ¼ Turn L Step RF forward - in palce on LF  
3&4          Step RF forward - LF together - Step RF forward  
5 6            ½ Turn R Step LF forward - in palce on RF  
7&8          Step LF forward - RF together - Step LF forward

## PART B: 32c

### S-1. GRAPEVINE R/L

1 2 3 4        Step RF to side - Cross LF behind RF - Step RF to side - Touch LF beside RF  
5 6 7 8        Step LF to side - Cross RF behind LF - Step LF to side - Touch RF beside LF

### S-2. DIAGONAL FORWARD (R/L) SIDE-CLOSE, DIAGONAL BACKWARD (R/L) SIDE-CLOSE,

1 2            Diagonal forward to R, Step RF to side - Close LF beside RF -  
3 4            Diagonal forward to L, Step LF to side - Close RF beside LF -  
5 6            Diagonal back to R, Step RF to side - Close LF beside RF -  
7 8            Diagonal back to L, Step LF to side - Close RF beside LF -

### S-3. ¼ TURN R JAZZ BOX 2X

1 2 3 4        ¼ Turn R Cross RF over LF - Step LF back - Step RF to side - Close LF beside RF  
5 6 7 8        ¼ Turn R Cross RF over LF - Step LF back - Step RF to side - Close LF beside RF

### S-4. SWAY-TOUCH (R/L) 2X

1 2 3 4        Bump hip to R - Touch LF to side - Bump hip to L - Touch RF to side -  
5 6 7 8        Bump hip to R - Touch LF to side - Bump hip to L - Touch RF to side

## PART C: 16c

### S-1. SWAY-SWAY- CHASSE (R/L)

1 2 Bump hip to R - Bump hip to L  
3&4 Step RF to side - close LF beside RF - Step RF to side  
5 6 Bump hip to L - Bump hip to R  
7&8 Step LF to side - close RF beside LF - Step LF to side

**S-2. FORWARD ROCK - COASTER STEP, ¼ TURN R FORWARD ROCK -CROSS SHUFFLE -**

1 2 Step RF forward - Recovered on LF  
3&4 Step RF back - close LF beside RF - Step RF forward  
5 6 ¼ Turn R Step LF forward - in palce on RF  
7&8 Cross LF over RF - Step RF to side - Cross LF over RF

**Tag : SWAY R-L-R-L**

1 2 3 4 Bump hip to R - Bump hip to L - Bump hip to R - Bump hip to L

**Happy Dance :**

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