

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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