

My Poor Mama

拍數: 40 牆數: 2 級數: Beginner
編舞者: D'ette Perschke (USA) & Diana Oglesby (USA) - January 2022
音樂: My Poor Mama - Don Amero



Intro: 16 counts

Section 1 [1-8] R SIDE, ROCK L BEHIND, RECOVER, TOUCH L BEHIND, L SIDE, ROCK R BEHIND, RECOVER, TOUCH R BEHIND

1-4 Step R side (1), rock L behind (2), recover to R (3), touch L behind (4)
5-8 Step L side (5), rock R behind (6), recover to L (7), touch R behind (8)

Section 2 [9-16] TWO RIGHT JAZZ BOX CROSS

1-4 Cross R over (1), step L back (2), step R side (3), cross L over (4)
5-8 Cross R over (1), step L back (2), step R side (3), cross L over (4)

Section 3 [17-24] TAP R SIDE TWICE, 1/4 SAILOR TURN, TAP L SIDE TWICE, L BEHIND, R SIDE, L FORWARD

1-2 Tap R side, twice (1-2)
3&4 Cross R behind and turn ¼ right (3), step L side (&), step R side (4) (3:00)
5-6 Tap L side, twice (5-6)
7&8 Cross L behind (7), step R side (&), step L forward (8)

Section 4 [25-32] POINT 3 TIMES MAKING ¼ TURN LEFT, STEP FORWARD, POINT 3 TIMES MAKING ½ TURN RIGHT, POINT LEFT SIDE

1& Point R side (1), turn 1/12 to 2:00 (&)
2& Point R side (2), turn to 1:00 (&)
3& Point R side (3), turn to 12:00 (&)
4 Step R together (weight on R) (4)
5& Point L side (5), turn 1/6 to 2:00 (&)
6& Point L side (6), turn to 4:00 (&)
7& Point L side (7), turn to 6:00 (&)
8 Point L side (8)

Section 5 [33-40] TWO SLOW VAUDEVILLES

1-4 Cross L over (1), step R side (2), touch L heel diagonally forward (3), step L together (4)
5-8 Cross R over (5), step L side (6), touch R heel diagonally forward (7), touch right together (8)

REPEAT

ENDING - At the end of wall 7, (6:00), there are two remaining beats.

For these last two counts, do the following:

1 Step R forward (6:00)
2 ½ turn L (12:00)

Last Update: 28 Jan 2023