

Mamma (Mother)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate NC2S
編舞者: Charles Alexander (SWE) - January 2023
音樂: Mamma - Albin Lee Meldau : (CD: Så Mycket Bättre 2022 -Tolkningarna)



Intro: 16 counts, approx. 14 sec – 68 bpm

[1 – 8] BACK ROCK, HITCH FULL TURN, JAZZ BOX, CROSS, BASIC, LUNGE, ¼ TURN, ½ TURN

1-2 Rock R back. Make a full turn left and recover onto L while hitching R.

(Easy option: Omit the full turn and just hitch R.)

3&4& Cross R over L. Step L back. Step R to side. Cross L over R.

5-6& Step R to side. Cross L slightly behind R. Cross R over L.

7-8& Lunge L to side. Recover onto R making 1/4 turn right. Make 1/2 turn right and step L back.
[9:00]

[9 – 16] COASTER STEP, OUT-OUT, RUN L-R, BACK w/SWEEP L-R, BEHIND-SIDE-CROSS-SIDE ¼ TURN ARC

1&2 Step R back. Step L beside R. Step R forward.

3&4& Step L forward and out. Step R forward and out. Step L back. Step R back.

(Optional styling 3&: Step up on toes.)

5-6 Step L back sweeping R from front to back. Step R back sweeping L from front to back.

7&8& While turning 1/4 left in an arc: Cross L behind R. Step R to side. Cross L over R. Step R to side. [6:00]

[17 – 24] CROSS w/SWEEP, CROSS-SIDE, BACK ROCK, RUN R-L w/KICK, BACK, 3/8 TURN, STEP, STEP, TURN ½

1-2& Cross L over right sweeping R from back to front. Cross R over L. Step L to side.

3-4 Open up to 7:30 and rock R back. Recover onto L.

&5 Step R forward. Step L forward and kick R forward with straight leg. [7:30]

6&7 Step R back. Make 3/8 turn left and step L forward. Step R forward. [3:00]

8& Step L forward. Make 1/2 turn right taking weight on R. [9:00]

[25 – 32] WALK L-R, STEP, ½ TURN, ½ TURN, COASTER STEP, STEP, ROCK-RECOVER

1-2 Step L forward. Step R forward.

3&4 Step L forward. Make 1/2 turn right taking weight on R. Make 1/2 turn right and step L back.
[9:00]

5&6 Step R back. Step L beside R. Step R forward.

7-8& Step L forward. Rock R forward. Recover onto L.

Tag: After wall 2 (facing 6:00)

[1-4] REVERSE ROCKING CHAIR

1-4 Rock R back. Recover onto L. Rock R forward. Recover onto L.

Last Update: 22 Jan 2023