

Mamas

拍數: 32 牆數: 2 級數: Newcomer
編舞者: Maivor Zetterstrom (SWE) - April 2024
音樂: Mamas - Anne Wilson & Hillary Scott



Section 1: Wine with touch. Side touches x 2

1, 2 Step Rf to Right Step Lf behind Rf
3, 4 Step Rf to Right. Touch Lf beside Rf
5, 6 Step Lf To Left, Touch Rf beside Lf
7, 8 Step Rf to Right, Touch Lf beside Rf

Section 2: Wine with 1/4 Left with touch. Diagonal step with touch Step back with kick

1, 2 Step Lf to Left. Step LF behind
3, 4 Step Lf fw with 1/4 turn Left. Touch Rf beside Lf
5, 6 Step diagonal fw on Rf. Touch Lf beside Rf
7, 8 Step diagonal back on Lf. Kick Rf fw

Section 3: Back, lock, back with kick X 2

1, 2 Step back on Rf. Cross Lf in front of Rf
3, 4 Step back on Rf. Kick Lf fw
5, 6 Step back on LF. Lock Rf in front of LF
7, 8 Step back onLff. Kick Rf fw

Section 4: Slow rock back. Slow Step 1/4 turn Left

1, 2 Step back on Rf. Hold
3, 4 Rock back on Lf. Hold
5, 6 Step Rf fw. Hold
7, 8 Turn 1/4 Left, Weight on Lf. Hold

Tag 1. 4 counts After Wall 2, 12 o'clock

1, 2, 3, 4 Sway Right, Hold, Sway Left, Hold

Tag 2. 16 counts After Wall 4. 12 o'clock

Jazzbox With toestruts & Cross, Sway X 4

1, 2, 3, 4 Cross Right toe over Lf. Down on Rf. Back on Left toe. Down on Lf
5, 6, 7, 8 Right Toe to Right. Down on Rf. Cross Left toe over Rf. Down on LF
1, 2, 3, 4 Sway Right, Hold, Sway Left, Hold
5, 6, 7, 8 Sway Right, Hold, Sway Left, Hold

Tag 3- 6: 8 counts After Wall 8, 12 o'clock. After Wall 9, 6 o'clock.

After Wall 10, 12 o'clock. After Wall 12, 12 o'clock

Jazzbox With toestruts & Cross

1, 2, 3, 4 Cross Right toe over Lf. Down on Rf. Back on Left toe. Down on Lf
5, 6, 7, 8 Right Toe to Right. Down on Rf. Cross Left toe over Rf. Down on LF

Happy Dancing!