

Dear Mama

拍數: 32 牆數: 2
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音樂: Dear Mama - Leah Dibut



Intro: 8 counts (after 8 seconds)

Step, 1/2 Pivot w/ Sweep, Cross Twinkle, Weave, Side Drag, 1/4 Drag, Step 1/2 Back, Back 1/2 Forward

- 1-2 Step L forward (1), Pivot 1/2 R sweeping L from back to front (2) [6:00]
3&a Cross L over R (3), Rock R to R side (&), Recover weight to L (a)
4&a Cross R over L (4), Step L to L side (&), Cross R behind L (a)
5-6 Step L to L side as you drag R (5), Make 1/4 R stepping R forward as you drag L (6) [9:00]
7&a Step L forward (7), Make 1/2 L stepping R back (&) [3:00], Step L back (a)
8&a Step R back (8), Make 1/2 L stepping L forward (&) [9:00], Step R forward (a)

Sweep 1/8, Cross Back 1/2, Rock Recover w/ Hook, Low Kick 1/2, Reverse 1/2, 1/8 Point, 1/8 w/ Figure 4

- 1 Step L forward as you sweep R from back to front making 1/8 L (1) [7:30]
2&a Cross R over L (2), Step L back (&), Make 1/2 R stepping R forward (a) [1:30]
3-4 Rock L forward (3), Recover on R hooking L heel across R shin as you look over R shoulder (4)
5 Step L forward as you make 1/2 L extending R leg back into a low kick (5) [7:30]
6&a Step R back (6), Make 1/2 L stepping L forward (&) [1:30], Step R forward (a)
7& Make 1/8 L stepping L forward (7) [12:00], Point R to R (&) (it will feel like a hold on the 'a' count)
8 Make 1/8 L rocking R across L as you hitch L knee up/out into a Figure 4 (8) [10:30] *Ending

1/8 Side Rock, 1/8 Coaster Step, Full Spiral, Step w/ Sweep, Fallaway 1/2 Turn, Walk x2

- 1&a Step L back (1) Make 1/8 R rocking R to R (&) [12:00], Recover weight to L (a)
2&a Make 1/8 R stepping R back (2) [1:30], Close L next to R (&), Step R forward (a)
3-4 Step L forward and spiral full turn over R (3) [1:30], Step R forward as you sweep L from back to front (4)
5&a Cross L over R (5), Step R to R as you start to make 1/4 L (&), Complete 1/4 L stepping L back (a) [10:30]
6&a Step R back (6), Step L to L as you start to make 1/4 L (&), Complete 1/4 L stepping R forward (a) [7:30]
7-8 Walk forward L (7), Walk forward R (8)

(&) Lock Unwind Full Turn w/ Sweep, Cross Back 1/8, Weave, Sway x2, Step Back w/ Drag, Coaster Step

- a1-2 Step forward L (&), Lock R behind L (1), Unwind Full Turn R sweeping L from back to front (2) [7:30]
3&a Cross L over R (3), Make 1/8 L stepping R back (&) [6:00], Step L to L (a)
4&a Cross R over L (4), Step L to L (&), Cross R behind L (a)
5-6-7 Step/Sway L to L (5), Recover and Sway R to R (6), Step L back as you drag R (7)
8&a Step R back (8), Close L next to R (&), Step R forward (a)

Ending – On Wall 5, dance up to and including count 16 (Figure 4), and cup eyes with R hand as if looking into the distance (“Look at us now”)