Mother LA



拍數: 32 牆數: 4 級數: High Beginner

編舞者: Lalita Atikandhari (INA) - June 2024

音樂: Mother - Meghan Trainor



1 Tag 16 counts After wall 4 (09.00 & 12.00)

2 Restart

on wall 3 after 24 counts (06.00) on wall 6 after 24 counts (03.00)

Start on Vocal

S1. *(TO	E TOUCH :	- HEEL	. TOUCH -	CROSS	RL*
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1-2	Touch R toe beside	L with close R knee fa	icing diagonal left	Touch R heel to side

3-4 Cross R over L, Hold

5-6 Touch L toe beside R with close L knee facing diagonal right, Touch L heel to side

7-8 Cross L over R, Hold

S2. *WEAVE - TWIST HEEL TOE*

1-2	Cross R over L, Step L to side
3-4	Cross R behind L. Step L to side

5-6 Move both heels to right, move both toes to right
7-8 Move both heels to right, move both toes to right

S3. *ROCKING CHAIR - CAMEL STEP RLRL*

1-2	Step R forward, Recover on L
3-4	Step R backward, Recover on L

Step R forward with close touch L beside R, Step L forward with close touch R beside L
 Step R forward with close touch L beside R, Step L forward with close touch R beside L

Restart Here on wall 3 and 6

S4. *(DIAGONAL - CLOSE TOUCH)RL - TURN 1/4 TO RIGHT - (SIDE - SIDE TOUCH WITH HIP BUMP)RL*

1-2	Step R diagonal forward to right, Close touch L beside R
3-4	Step L diagonal forward to left , Close touch R beside L

5-6 1/4 turn right Step R to side (03.00), Touch L to side with bump hip to left

7-8 Step L to side, Touch R to side with bump hip to right

TAG 16 counts after wall 4

HIP BUMP RL - HIP ROLL - FLICK - HIP BUMP LR - HIP ROLL - FLICK (facing 9.00)

1-2 Bump hip to right, Bump hip to le	eft
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3-4 Roll hip to right - quick kick L back with point toe flexed knee heel up

5-6 Bump hip to left, Bump hip to right

7-8 Roll hip to left - quick kick R back with point toe flexed knee heel up

TURN 1/4 TO RIGHT WITH HIP BUMP RL - HIP ROLL - FLICK - HIP BUMP LR - HIP ROLL - FLICK (facing 12.00)

1-2	1/4 Turn right step R to side with Bump hip to right, Bump hip to left
3-4	Roll hip to right - quick kick L back with point toe flexed knee heel up

5-6 Bump hip to left, Bump hip to right

7-8 Roll hip to left - quick kick R back with point toe flexed knee heel up

Thank You □

Happy Dancing Contact : lalita.oenix@gmail.com