

Here's to Our Mamas

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nathan Lee (USA) - February 2025
音樂: Powerful Women - Pitbull & Dolly Parton



Start on "Woman"- no tags- no restarts

[1-8] STOMP, SWIVELS, SIDE-BEHIND-CROSS X2

1 Stomp R diagonally forward (1)
2,3,4 Swivel L foot toward R: heel (2), toe (3), heel (4)
5&6 Step L out (5), Step R behind L (&), Cross L over R (6)
7&8 Step R out (7), Step L behind R (&), Cross R over L (8)

[9-16] ¼ PIVOT, CROSS AND CROSS, ¼ JAZZ BOX w/ A CROSS

1,2 Step L forward (1), Pivot ¼ over R shoulder (2)
3&4 Cross L over R (3), Step R out (&), Cross L over R (4)
5,6,7,8 Cross R over L (5), While turning ¼ step back on L (6), Step R out (7), Step L together (8)

[17-24] KICK BALL CROSS X2, ¼ PIVOT, ½ PIVOT

1&2 Kick R foot out (1), Step back on R foot (&) Cross L over R (2)
3&4 Kick R foot out (3), Step back on R foot (&) Cross L over R (4)
5,6 Step out R (5), Pivot ¼ over L shoulder (6)
7,8 Step out R (7), Pivot ½ over L shoulder (8)

[25-32] SUGARFOOT R, SUGARFOOT L, STOMP, STOMP, HIP SHAKE

1&2 Touch R toe next to L (1), Touch R heel next to L (&), Stomp R next to L (2)
3&4 Touch L toe next to R (3), Touch L heel next to R (&), Stomp L next to R (4)
5,6 Stomp R foot down next to L (5), Stomp L foot down next to R (6)
7,8 Sway hips to R side (7), Sway hips to L side (8)

Last Update: 7 Feb 2025