

Mama

拍數: 32 牆數: 2 級數: Intermediate
編舞者: David Cheshire (AUS)
音樂: Mama Tried - Randy Travis



FORWARD GALLOPS, SAILOR SHUFFLES

1&2 Step forward on right foot at 45 degrees, step left beside right, step forward on right
3&4 Step forward on left at 45 degrees, step right beside left, step forward on left
5&6 Step right behind left, step left to left, step right to right
7&8 Step left behind right, step right to right, step left to left

STEP PIVOT $\frac{3}{4}$ TURN, BACKWARD SHUFFLE, ROCK STEP, COASTER STEP

1-2 Step $\frac{1}{4}$ right on right, pivot $\frac{1}{2}$ right on ball of right foot & step left back
3&4 Shuffle backwards right-left-right
5-6 Rock forward on left & back on right
7&8 Step back on left, step right next to left, step left forward

BACK, HOOK, SHUFFLE, FULL TURN, SHUFFLE

1-2 Step back long on right & hook left foot over right shin
3&4 Shuffle forward left-right-left
5-6 Step forward on right turning $\frac{1}{2}$ left, pivot $\frac{1}{2}$ left on ball of right foot & step left forward
7&8 Shuffle forward right-left-right

CROSS PIVOT TURN, DIAGONAL STEP WITH SYNC STEPS

1-2 Cross left over right & pivot $\frac{3}{4}$ turn to right (facing back wall)
3 Step left foot diagonally forward to left
4& Cross right foot behind left, step left to left
5 Step right diagonally forward to right
6& Cross left behind right, step right to right
7 Step left foot diagonally forward to left
8& Cross right foot behind left, step left to left

REPEAT

TAG

At the end of the 3rd wall

FORWARD GALLOPS, SAILOR SHUFFLES

1&2 Step forward on right at 45 degrees, step left next to right, step forward on right
3&4 Step forward on left at 45 degrees, step right next to left, step forward on left
5&6 Step right behind left, step left to left, step right to right
7&8 Step left behind right, step right to right, step left to left

STEP, STEP, SIDE SHUFFLE

1-2 Step right to right, step left behind right
3&4 Shuffle sideways to right right-left-right
5-6 Step left to left, step right behind left
7&8 Shuffle sideways to left left-right-left