

Mama

拍數: 48 牆數: 2 級數: Improver waltz
編舞者: Gloria Bracegirdle (AUS)
音樂: Mama - John Stephan



STEP FORWARD, TOUCH, HOLD, STEP FORWARD, TOUCH, HOLD

1-2-3 Step forward on right, touch left to left side, hold
4-5-6 Step forward on left, touch right to right side, hold

SIDE, ROCK, RECOVER, SIDE, ROCK, RECOVER

7-8-9 Step right to right side, rock left behind right, recover weight on right
10-11-12 Step left to left side, rock right behind left, recover weight on left

VINE RIGHT, SWAY LEFT, RIGHT, LEFT

13-14-15 Step right to right side, step left behind right, step right to right side
16-17-18 Sway hips left, right, left

FORWARD ROLL TO RIGHT, STEP FORWARD, TOUCH, HOLD

19-20-21 Full turning right, roll forward stepping right, left, right

Easier option:- waltz forward right, left, right

22-23-24 Step forward on left, touch right to right side, hold

2 X SLOW SAILOR STEPS TRAVELING BACK

25-26-27 Step right behind left, step left to left, step right to right side
28-29-30 Step left behind right, step right to right, step left to left side

BEHIND VINE TO LEFT, ½ TURN, STEP TOGETHER

31-32-33 Step right behind left, step left to left side, step right in front of left
34-35-36 Step back on left, turning ¼ turn right, step right to right turning ¼ turn right, step left together

FORWARD WALTZ, BACK WALTZ

37-38-39 Step forward on right, step forward on left, step right together
40-41-42 Step back on left, step back on right, step left together

SIDE, TOUCH, FLICK, SIDE, TOUCH, FLICK

43-44-45 Step right to right side, touch left next to right, flick left up behind right knee
46-47-48 Step left to left side, touch right next to left, flick right up behind left knee

REPEAT

OPTIONAL ENDING

Dance up until beat 15 (vine to right) facing back wall

1-2-3 Step forward on left, pivot ½ turn right to front (taking weight on right foot), step forward on left
4-5-6 Step forward on right, step left next to right, touch right next to left
