

Mama Ireland

拍數: 32 牆數: 4 級數: Intermediate east coast swing
編舞者: Louise Elfvengren (NOR)
音樂: Tell Me Ma - Van Morrison & The Chieftains



CROSS SHUFFLE, ROCK LEFT RECOVER, CROSS SHUFFLE, ROCK RIGHT RECOVER

1&2 Cross right foot over left, step left to left side, cross right over left
3-4 Rock left foot to left side, recover back to right
5&6 Cross left foot over right, step right to right side, cross left over right
7-8 Rock right foot to right side, recover back to left

Restart from here on wall 5 when dancing to "Tell Me Ma"

SHUFFLE BACK, ROCK BACK RECOVER, SHUFFLE FORWARD, FULL TURN LEFT

1&2 Shuffle back right, left, right
3-4 Rock left foot back, return left beside right
5&6 Shuffle forward left, right, left
7-8 Step forward right foot and turn over left shoulder a full turn stepping on left foot

When dancing to "Tell Me Ma", restart from here on wall 4 after performing the 4-count tag

ROCK RIGHT RECOVER, SYNCOPATED BEHIND-SIDE-SIDE WITH ¼ LEFT TURN, SAILOR TURN ¼ LEFT, ROCK FORWARD RIGHT RECOVER

1-2 Rock right foot to right side, recover back to left
3&4 Step right foot behind left, step left foot to left side, right foot turn ¼ to left and step next to left
5&6 Left foot behind right, right foot turn ¼ left and step left beside right.
7-8 Rock right foot forward, recover back beside left.

HALF SHUFFLE TURN BACK, ROCK FORWARD RECOVER, HALF SAILOR TURN LEFT, KICK, TURN ¼ LEFT

1&2 Step right back, left foot makes ¼ turn right and right foot makes the next ¼ turn
3-4 Rock left foot forward, recover back beside right
5&6 Step left foot behind right, turn right foot ½ left and step left foot beside right foot.
7&8 Kick right foot forward, put right foot down and turn ¼ left, step left beside right.

REPEAT

TAG

When dancing to "Tell Me Ma", on wall 4, after count 16, do the following and then restart the dance from count 1

ROCK RIGHT RECOVER, KICK BALL STEP

1-2 Rock right foot to right side recover back to left
3&4 Kick right foot forward, step right foot next to left, step left foot next to right foot.

RESTART

On wall 5, restart the dance after count 8