

# Mama Knows Best

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Bill Bader (CAN)  
音樂: Mama Knew Best - The Borderers



Intro: 32 counts (Do NOT start at the Ooh-oo's)

## 2 CHARLESTONS (KICK FORWARD, STEP BACK, TOE BACK, STEP FORWARD)

1-2      Kick right forward, step right back  
3-4      Touch left toe back, step left forward  
5-6      Kick right forward, step right back  
7-8      Touch left toe back, step left forward

Styling: put some bounce into these moves

Option: the original "Charleston" dance also has swiveling action of the weighted foot

## RIGHT SIDE, TOGETHER, SIDE-TOGETHER-SIDE, LEFT SIDE, TOGETHER, SIDE-TOGETHER-SIDE-STOMP

1-2      Step right to right side, step left beside right  
3&4      Step right to right side, step left beside right, step right to right side  
5-6      Step left to left side, step right beside left  
7&8      Step left to left side, step right beside left, step left to left side  
&      Stomp right heel down beside left

Keep right heel on the floor, do not bounce it

## "FOOT BOOGIE": TOE FANS SINGLE RIGHT, SINGLE LEFT, DOUBLE RIGHT, SINGLE LEFT, SINGLE RIGHT, DOUBLE LEFT

1&      Fan right toe out-in  
2&      Fan left toe out-in  
3&4&      Fan right toe out-in-out-in  
5&      Fan left toe out-in  
6&      Fan right toe out-in  
7&8&      Fan left toe out-in-out-in

## FORWARD, ROCK, BACK, ROCK, FORWARD, HITCH, FORWARD, HITCH, FORWARD, HITCH, FORWARD, HITCH TURN ¼

1-2      Step right forward, rock back on left  
3-4      Step right back, rock forward on left  
5&      Step right forward, raise left knee up in front of right knee  
6&      Step left forward, raise right knee up in front of left knee  
7&      Step right forward, raise left knee up in front of right knee  
8&      Step left forward, raise right knee up in front of left knee turning ¼ left

The final move has the right foot raised off the floor; the right foot will remain off the floor as you begin again with a kick

REPEAT