

Mama Likes To Reggae

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數:
編舞者: M.A.D. (UK)
音樂: Mama Likes To Reggae - The Bellamy Brothers



Sequence: Repeat sections AB eight times. Thereafter repeat section B to the end

SECTION A

JUMP OUT, JUMP IN, LEFT: TOE/HEEL/HOOK/HEEL/PLACE

- 1-2 Jump both feet apart, jump both feet together (alternative steps:- touch left toe out to left side, touch in place)
3-5 Touch left toe in front, touch left heel in front, hook under right knee
6-7 Left heel out in front, back in place

JUMP OUT, JUMP IN, RIGHT: TOE/HEEL/HOOK/HEEL/PLACE

- 8-9 Jump both feet apart, jump both feet together (alternative steps:- touch right toe out to right side, touch in place)
10-12 Touch right toe in front, touch right heel in front, hook under left knee
13-14 Right heel out in front, back in place

SHUFFLE FORWARD, ROCK STEPS

- 15&16 Shuffle forward right, left, right
17-18 Rock forward on left (lifting right), rock back on right

SHUFFLE BACK, ROCK STEPS

- 19&20 Shuffle back left, right, left
21-22 Rock back on right (lifting left), rock forward on left

SHUFFLE FORWARD, STEP PIVOT, STEP PIVOT

- 23&24 Shuffle forward right, left, right
25-26 Step forward on left foot, pivot ½ turn right
27-28 Step forward on left foot, pivot ¼ turn right

JUMP OUT, JUMP ACROSS, UNWIND ½ TURN, HIP THRUSTS

- 29-30 Jump both feet apart, jump to cross right over left
31-32 Unwind ½ turn right, place both hands on back of neck
33-34 Two hip thrusts forward

SECTION 'B'

HIP ROLLS RIGHT AND LEFT WITH ARM LASSO

- 35-38 Roll hips right, left, right, center making a circular lasso action with right arm
39-42 Roll hips left, right, left, center making a circular action with right arm

SWIVEL IN PLACE LEFT, RIGHT, LEFT, CENTER

- 43-46 Swivel both heels left, right, left, center

Option: Swivel both heels and hips as you twist down then up

HIP THRUSTS-TWICE

- 47-48 Place both hands on the back of your neck and thrust hips forward twice