

Mama Said...

拍數: 44 牆數: 2 級數: Intermediate
編舞者: William Sevone (UK)
音樂: You Can't Hurry Love - The Chicks



'DANDY WALK' FORWARD, JUMP ROCKS, ½ RIGHT, STEP FORWARD

1-4 Saunter forward: right foot, left foot, right foot, left foot
5&6 Jump rock forward onto right foot, jump back onto left foot, turn ½ right & step onto right foot

'DANDY WALK' FORWARD, JUMP ROCKS, ½ RIGHT, STEP FORWARD

7-10 Saunter forward: left foot, right foot, left foot, right foot
11&12 Jump rock forward onto left foot, jump back onto right foot, turn ½ left & step onto left foot

4X SIDE ROCKS, SAILOR SHUFFLE, ¼ LEFT, COASTER STEP

13-16 Rock right foot to right side, rock onto left foot, right foot, left foot
Styling note: on counts 13-16 as you rock back onto each foot, lean upper part of body in opposite direction and raise arms to shoulder height and clap in same direction, e.g.: count 13 weight on right foot upper body lean to left, clap to left
17&18 Step right foot behind left (with clap to left), step left foot to side, step right foot to side
19&20 Turn ¼ left on right foot & step back onto left, step right foot next to left, step left foot forward

'DANDY WALK' FORWARD, JUMP ROCKS, ½ RIGHT-STEP FORWARD

21-24 Saunter forward: right foot, left foot, right foot, left foot
25&26 Jump rock onto right foot, jump back onto left foot, turn ½ right - stepping onto right foot

4X SIDE ROCKS, SAILOR SHUFFLE, ¼ RIGHT, COASTER STEP

27-30 Rock left foot to left side, rock onto right foot, left foot, right foot
Styling note: on counts 27-30 as you rock back onto each foot, lean upper part of body in opposite direction and swing arms at chest height to sides in direction of weight transfer e.g.: count 27 weight on left foot, upper body lean to right, swing arms to left
31&32 Step left foot behind right (swing arms to left), step right foot to side, step left foot to side
33&34 Turn ¼ right on left foot & step back onto right, step left foot next to right, step right foot forward

SHUFFLE FORWARD, LEFT FULL TURN, SHUFFLE FORWARD

35&36 Step forward onto left foot, step right foot next to left, step left foot forward
37-38 Step forward onto right foot, turn one full turn left on right foot & step forward onto left foot
39&40 Step forward onto right foot, step left foot next to right, step forward onto right foot

ROCKS, COASTER STEP

41-42 Rock forward onto left foot, rock onto right foot
43&44 Step back onto left foot, step right foot next to left, step forward onto left foot

REPEAT