

Mama Seta

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Robbie Halvorson (USA)
音樂: Amor - Ricky Martin



SIDE SHUFFLE RIGHT, ROCK BACK LEFT, SIDE, CROSS, SIDE, CROSS

1&2 Step right to right side, close left beside right, step right to right side
3-4 Rock back on left. Rock forward onto right
5-6 Moving to the left with knees slightly bent, step left to left side, cross right over left
7-8 Step left to left side, cross right over left

SIDE SHUFFLE LEFT, ROCK BACK ¼ RIGHT, SIDE, CROSS, SIDE, CROSS

1&2 Step left to left side. Close right beside left. Step left to left side
3-4 Rock back on right making ¼ right, rock forward onto left
5-6 Moving to the right with knees slightly bent, step right to right side, cross left over right
7-8 Step right to right side, cross left over right

TOES STRUT FORWARD, TOE STRUT FORWARD ½ TURN RIGHT, BACK ROCK, FULL TURN

1-2 Step forward on right toe. Drop heel taking weight
3-4 Make a ½ right step forward on left toe, lower heel
5-6 Rock back on right, rock forward onto left
7-8 Turn ½ left stepping forward on right, turn ½ left stepping back on left

TOE STRUT FORWARD, TOE STRUT ¼ TURN LEFT, JAZZ BOX

1-2 Step forward on right toe, drop heel taking weight
3-4 Make ¼ turn left touching left toe, drop hell taking weight
5-6 Cross right over left, step back on left
7-8 Step right to right side, close left beside right

SIDE SHUFFLE ¼ RIGHT, PIVOT ¾ TURN RIGHT, SIDE, TOGETHER, SIDE, TOUCH

1&2 Step right to right side, close left beside right, step right to right side with ¼ turn right
3-4 Step forward left, pivot ¾ turn right
5-6 Step left to left side, step right next to left
7-8 Step left to left side, touch right next to left

ROCK STEP, TRIPLE ½ RIGHT, WEAVE RIGHT

1-2 Rock forward on right, rock back onto left
3&4 Triple step ½ turn right, stepping - right, left, right
5-6 Cross left over right, step right to right side
7-8 Cross left behind right, step right to right side (weight ends on right foot)

CROSS ROCK FORWARD LEFT, SHUFFLE ¼ LEFT, FULL TURN, PIVOT ½ LEFT

1-2 Cross rock forward on left. Rock back onto right
3&4 Step left to left side, step right next to left, step left to left side with ¼ turn left
5-6 Turn ½ left stepping forward on right, turn ½ left stepping back on left
7-8 Step forward right, pivot ½ turn left

SHUFFLE FORWARD RIGHT, PIVOT ½ RIGHT, ROCK FORWARD LEFT, SHUFFLE FORWARD LEFT

1&2 Step forward right, close left beside right, step forward right
3-4 Step forward left, pivot ½ turn right
5-6 Rock forward on left, rock back on right

7&8

Step forward left, close right beside left, step forward left

REPEAT

TAG

After dancing the all the steps on the 3rd wall only use this tag then continue dance from beginning step, touch, step, touch, grapevine right

1-2 Step right to right side, touch left next to right

3-4 Step left to left side, touch right next to left

5-8 Step right to right side, step left behind right, step right to right side, step left next to right
