

Mama Take Me Home

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Moa Bäckström
音樂: Mama Take Me Home - Rednex



STEP, STEP, ANCHOR STEP, STEP FORWARD, TURN ½, COASTER STEP

1-2 Right foot step forward, left foot step forward
3&4 Right foot rock back, left foot rock forward, right foot step back
5-6 Left foot step forward, right foot step back and turn ½ to left
7&8 Left foot step back, right foot step back, left foot step forward

ROCK, CROSS SHUFFLE, ¼ TURN, ½ TURN, STEP CLAP, CLAP

1-2 Right foot rock to right and back to left foot
3&4 Right foot cross over left foot, step left foot to left, cross right foot over left foot
5-6 Left foot step back and turn ¼ to right, right foot step forward and turn ½ to right
7&8 Left foot step together with right foot and make to clap on &8

STEP TO THE DIAGONAL TWICE, POINT FORWARD, STEP BACK, STEP BACK, BACK, COASTER STEP

1-2 Right foot step forward to right diagonal, left foot step forward to right diagonal
3-4 Right foot point forward, right foot step back
5-6 Left foot step back, right foot step back
7&8 Left foot step back, right foot step back, left foot step forward

MONTEREY TURN TWICE

1-2 Right foot touch right toe to right side, with weight on left foot make ½ turn right and step right beside left foot
3-4 Touch left toe to left side, step left foot beside right
5-6 Right foot touch right toe to right side, with weight on left foot make ½ turn right and step right beside left foot
7-8 Touch left toe to left side, step left foot beside right

REPEAT

TAG

After the 7th wall standing at 9:00

ROCK AND CROSS, FLICK TURN ¼

1&2 Right foot rock to right, recover to left foot, right foot cross over left foot
3&4 Left foot flick back, turn ¼ to right, left foot step forward

Start all over at 12:00

Winner of Norwegian Country Western Dance Championship 2006