

# Mama's Boogie

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 2      級數:  
編舞者: Dottie Cirko (USA)  
音樂: Fifty-Fifty - Keith Stegall



## MAMBO SHUFFLES (SIDE BALL CHANGES)

1            Step right foot to side (put weight on it)  
&2          Step left foot in place, bring right foot to meet left.  
3            Step left foot to side (put weight on it)  
&4          Step right foot in place, bring left foot to meet right  
5&6        Repeat steps 1&2  
7&8        Repeat steps 3&4

## ROCK STEPS

9-12        Rock forward on right, back on left. Rock back on right, forward on left  
3-16        Repeat steps 9-12

## FORWARD HIP WALKS

17&18      Step right foot forward while bumping hips right twice  
19&20      Step left foot forward while bumping hips left twice  
21&22      Repeat steps 17&18  
23&24      Repeat steps 19&20

## ROCK STEPS & SHUFFLES

25-26      Rock forward on right, back on left  
27&28      Right shuffle backwards  
29-30      Rock back on left, forward on right  
31&32      Left shuffle forward

## PIVOT TURNS

33-34      Step forward on right, pivot  $\frac{1}{2}$  turn to left (weight on left)  
35-36      Step forward on right, pivot  $\frac{1}{2}$  turn to left (weight on left)

## SHOULDER SHIMMIES

37-40      Step right foot to right while shimmying shoulders (2 counts). Slide left next to right, then clap hands  
41-44      Repeat steps 37-40  
45-48      Step left foot to left while shimmying shoulders (2 counts). Slide right next to left, then clap hands  
49-52      Repeat steps 45-48

## KICK BALL CHANGES

53&54      Right kick ball change (kick right foot forward, touch right toe home (putting weight on it) step down on left foot with weight on it  
55&56      Repeat steps 53&54

## PIVOT TURNS

57-58      Step forward on right foot, pivot  $\frac{1}{4}$  turn to left, clap on count 58  
59-60      Step forward on right foot, pivot  $\frac{1}{4}$  turn to left, clap on count 60

## JAZZ BOX

61-64      Cross right foot over left, step back on left, step right foot to side, jump on both feet

**REPEAT**

**Variation:**

**Instead of mambo shuffles ( step ball changes) on counts 1-8, you can do 2 Monterey turns.**

1-4 Touch right toe to side, turn  $\frac{1}{2}$  turn to right on ball of left foot stepping down on right touch left toe to side, step left together.

5-8 Repeat steps 1-4

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