

Mama's Little B

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Tony Wilson (USA)
音樂: Shortenin' Bread - The Tractors



Start after 8 beats as you hear vocals 1,2

RIGHT TOE HEEL TRIPLE STEP CROSS UNWIND

1-2 Touch right toe to left instep, touch right heel to left instep
3&4 Step right, left, right in place
5-6 Cross left leg over right, hold
7-8 Unwind ½ turn right, hold

LEFT TOE HEEL TRIPLE STEP CROSS UNWIND

9-10 Touch left toe to right instep, touch left heel to right instep
11&12 Step left, right, left in place
13-14 Cross right leg over left, hold
15-16 Unwind ½ turn left, hold

RIGHT SHUFFLE. ROCK. ROCK LEFT SHUFFLE. ROCK. ROCK

17&18 Right shuffle forward right-left-right
19-20 Rock step forward on left foot, rock back on right foot
21&22 Left shuffle forward left-right-left
23-24 Rock step forward on right foot, rock back on left foot

BACK TOE HEEL STRUTS RIGHT-LEFT-RIGHT-LEFT

25-26 Step back on right toe, drop right heel to floor
27-28 Step back on left toe, drop left heel to floor
29-30 Step back on right toe, drop right heel to floor
31-32 Step back on left toe, drop left heel to floor

ROCK. ROCK. CROSS SHUFFLE .¼ TURN RIGHT. LEFT SHUFFLE

33-34 Rock onto right foot, rock onto left foot
35&36 Cross right foot in front of left, small step to left on left foot, small step to left on right foot
37-38 Step left foot to left, ¼ pivot turn right
39&40 Left shuffle forward left-right-left

CHARLESTON STEP TWICE, ¼ UNWIND LEFT

41-42 Step forward on right foot, kick left foot forward
43-44 Step back on left foot, touch right toe back
45-46 Step forward on right foot, kick left foot forward
47-48 Touch left toe behind right foot, unwind ¼ turn left

RIGHT SIDE CHASSE. ROCK BACK. LEFT SHUFFLE. STOMP. STOMP

49&50 Step right foot to right side, close left to right, step right foot to right side
51-52 Turning ¼ left rock back on left foot, rock forward on right foot
53&54 Left shuffle forward left-right-left
55-56 Stomp right foot, stomp left foot

REPEAT