

Mamma Afrika

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Gerard Murphy (CAN)
音樂: Mamma Africa - Two In One



ROCK-RECOVER, COASTER-CROSS, SIDE ROCK-RECOVER, FORWARD-½-POINT

1-2 Rock right forward, recover onto left
3&4 Step right back, step left together, cross right over left
5-6 Rock left to side, recover onto right
7&8 Turn ¼ right and step left forward, turn ½ right (weight to right), touch left to side

CROSS FRONT-SIDE, CROSS BEHIND-¼ TURN-FORWARD, CROSS-BACK, ¼ TURN SHUFFLE

9-10 Cross left over right, step right to side
11&12 Cross left behind right, turn ¼ right and step right forward, step left forward
13-14 Cross right over left, step left back
15&16 Side shuffle turning ¼ right and step right, left, right

CROSS, POINT-BALL-CROSS, STEP, KICK-SIDE-STEP, KICK-SIDE-TOUCH

17 Cross left over right
18&19 Touch right diagonally forward, step right together, cross left over right
20 Step right to side
21&22 Touch left across right, step left to side, step right together
23&24 Touch left across right, step left to side, touch right together

AND WALK, WALK, SHUFFLE, ½, KICK-BALL-STEP FORWARD

&25 Rock right back, recover onto left
26 Step right forward
27&28 Shuffle forward stepping left, right, left
29-30 Step right forward, turn ½ left (weight to left)
31&32 Kick right forward, step right together, step left forward (large step)

REPEAT

TAG

After 7 rotations of the dance (you'll be facing the 3:00 wall), do 1-16, then this 4 count tag and restart from the beginning.

1& Rock left across right, recover onto right
2&3 Turn ¼ left and step left forward, step right forward, turn ½ left (weight to left)
4 Hands in the air - ta da! (now facing 9:00 wall)

FINISH

Hands in fists

31 Cross arms & touch right fist to left hip & left fist to right hip
& Uncross arms & touch fists to shoulders (right to right, left to left)
32 Spray arms up and out opening fists

Ta da!