

Mamma Don't Dance

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Your Mama Don't Dance - Loggins & Messina



STEP, KICK, BACK, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-2 Step forward with left foot, kick right foot forward
3-4 Step back with right foot, touch left beside right
5-6 Step left foot to left side, touch right beside left
7-8 Step right foot to right side, touch left beside right

BALL, CROSS, HOLD, KICK, BALL, CROSS, HOLD, SIDE ROCK, ¼ TURN LEFT

&1-2 Step ball of left foot slightly back, step right foot across front of left, hold
3 Step left foot to left side
4&5 Kick right foot to right forward diagonal, step back on ball of right, step left across front of right
6 Hold
7-8 Rock right foot to right side, recover weight to left foot turning ¼ left

KNEE IN, OUT, IN, OUT, IN, OUT, ROCK BACK, RECOVER

Over the next 6 counts, the weight should be gradually pressed forward for approximately 3 counts and then recovering back gradually for the next 3 counts

1-2 Place ball of right foot forward, bend right knee, turn right knee in, turn right knee out
3-4 Turn right knee in, turn right knee out
5-6 Turn right knee in, return right knee to center, shifting all weight back to left foot
7-8 Rock back with right foot, replace weight forward to left foot

½ TURN, ½ TURN, TRIPLE FORWARD, JAZZ BOX, ¼ TURN LEFT

1-2 Turn ½ left on left foot, step back on to right, turn ½ left on right foot, step forward onto left
3&4 Step forward with right foot, step together with left, step forward with right
5-6 Step left foot across front of right, step back with right turning ¼ left
7-8 Step left foot to left side, touch right beside left

VINE RIGHT, ¼ TURN RIGHT, TOUCH, SYNCOPATED JUMPS LEFT TWICE

1-4 Step right foot to right side, step left foot crossed behind right, turn ¼ right, step forward with right, touch left beside right
&5-6 Step left foot to left side, step together with right, hold
&7-8 Step left foot to left side, touch right beside left, hold

STEP, ½ TURN LEFT, STEP, ½ TURN LEFT, OUT, OUT, HOLD, ELVIS KNEES RIGHT, LEFT

1-2 Step forward with right, turn ½ left, shift weight forward to left foot
3-4 Step forward with right, turn ½ left, shift weight forward to left foot
&5-6 Step right foot to right side, step left foot to left side, hold
7-8 Turn right knee in Elvis style, switch to left knee in Elvis style

You are now facing ¼ left from original wall

REPEAT