

Reggae Mama

COPPER KNOB
STEPSHEETS

拍數: 36 牆數: 4 級數: Intermediate
編舞者: Stevie B
音樂: Mama Likes To Reggae - The Bellamy Brothers



The whole dance is done on the diagonal. From the front wall, start the dance by facing the front left corner, your right shoulder pointing into the front right corner

SIDE ROCK & SHUFFLE, TURN, SIDE ROCK & SHUFFLE

1-2 Step right foot to right, rock to left on left
3&4 Step to the right on right, bring left next to right, step right to right side
& On right spin ½ turn right (left shoulder should now be facing original front right corner)
5-6 Step left to left side, rock to right on right
7&8 Step to left on left, bring right next to left, step left of left

ROCK STEP, RIGHT SHUFFLE, SYNCOPATED GRAPEVINE

With left shoulder still nearest to original right front corner, stay on the diagonal

9-10 Rock back on right, rock forward on left
11&12 Step to right on right, bring left next to right, step to right on right
13&14& Step left foot behind right, step right foot right, step left foot in front of right, step right foot right
15&16 Step left foot behind right step right foot right, step left foot in front of right

HIP BUMPS

17-18 Step on to right & bump hips right, swing hips left, (weight on left)
19&20 Bump hips right, left, right
21-22 Step on to left & bumps hips left, swing hips right (weight on right)
23&24 Bump hips left, right, left. (finish with weight on left)

ROCK STEP, SHUFFLE, ROCK STEP, SHUFFLE

25 Rock forward on to right foot (crossing in front of left)
26 Rock back on left
27 Step right on right foot
& Step left foot next right
28 Step right on right foot
25 Rock forward on to left foot (crossing in front of right)
26 Rock back on right
27 Step left foot to left side
& Step right foot next to left
28 Step left foot to left side

HALF TURN PIVOT, RIGHT SHUFFLE FORWARD, ¼ TURN LEFT

33-34 Step right foot forward, make ½ turn left on left

You are now facing the original front left hand corner

35 Step forward on right foot
& Step left foot next right
36 Step forward on right foot
& Step left foot to left side hitching right at same time making ¼ turn left

REPEAT