

Tell 'yer Mama

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Heather Frye (CAN)
音樂: Dance With Me Tonight - The Wonders



The Intro is short. When he sings "C'mon pretty baby", begin on "baby"

Special thanks to Noel, Nicholas and Jillian as many of their ideas and suggestions were helpful in making this dance "fun"

CROSS & SWIVELS

- 1-2 Cross left in front of right foot, touch right beside left bending knees and twisting them toward the left corner
- 3-4 Swivel knees to the right corner and touch right heel to right corner, swivel knees back to the left corner touching right beside left
- 5-6 Swivel knees to right corner and kick right foot to right corner, cross step right behind left
- 7-8 Step side left, step right beside left (weight is on both feet)

TWIST HEELS LEFT, TWIST HEELS RIGHT, FAN OUT TOES AND HEELS, FAN HEELS AND TOES BACK TO CENTER

- 1-2 Swivel both heels to left, swivel toes left
- 3-4 Swivel both toes to right, swivel both heels right ending at the wall where you began the dance
- 5-6 Fan toes out, fan both heels out
- 7-8 Fan both heels in, fan toes in bringing feet back together

MASHED POTATO STEPS TRAVELING BACKWARDS

- &1&2 Lift right foot slightly off floor and turn both toes in/heels out, step back onto right foot as you turn both toes out/heels in, lift left foot slightly off floor and turn both toes in/heels out, step back onto left foot as you turn both toes out/heels in
- &3 Lift right foot slightly off floor and turn both toes in/heels out, step back onto right foot as you turn both toes out/heels in,
- &4 In place - swivel toes in /heels out, swivel toes out/heels in
- &5 Repeat in place swivel toes in/heels out, swivel toes out/heels in
- &6&7 Lift left foot slightly off floor and turn both toes in/heels out, step back onto left foot as you turn both toes out/heels in, lift right foot slightly off floor and turn both toes in/heels out, step back onto right foot as you turn both toes out/heels in
- &8& In place - swivel toes in/heels out, swivel toes out/heels in, square feet off to the wall while transferring weight to right foot

LEFT SAILOR STEP, BEHIND BALL CROSS, TURN ¼ LEFT, LEFT COASTER STEP

- 1&2 Cross step left behind right (angle body slightly), step right to side, step left slightly forward to left side
- 3&4 Cross step right behind left, step side left, step right in front of left
- 5-6 Unwind ¼ turn left (facing 9:00), unwind ½ turn left (facing 3:00 - weight is on right foot)
- 7&8 Step left back, close right to left, step forward onto left

RIGHT BALL STEP LEFT, ROLLING TURN LEFT, KICK LEFT FORWARD, STEP ONTO LEFT, TOUCH RIGHT BESIDE LEFT

- &1 Bring ball of right foot behind left, step forward onto left foot
- 2-3-4 Turn ¼ left stepping back onto right foot, turn ½ left stepping forward onto left foot, turn ¼ turn left stepping back onto right foot (you will slightly travel backwards)
- 5&6 Kick left foot forward, step onto left foot, touch right foot beside left
- &7-8 Turn ¼ right stepping onto right foot, touch left out to left side, hold

STEP LEFT, TOUCH SIDE RIGHT, HOLD, STEP RIGHT, TOUCH SIDE LEFT, HOLD, QUICK HIP BUMPS IN A SEMI-CIRCLE ARC SIDE RIGHT BALL STEP LEFT, ROLLING $\frac{3}{4}$ TURN RIGHT, KICK LEFT FORWARD, STEP ONTO LEFT, TOUCH RIGHT BESIDE LEFT

&1-2 Step left beside right with knee bent (side lunge position), touch right to right side, hold

&3-4 Step right beside left (side lunge position), touch left to left side, hold

Restart from here on wall 4

5&6&7&8 Begin to straightening right knee while bumping right, left, right, left, right, left, right. You will continue to rise up in a small semi-circle working your way from right to left while doing the hip bumps. The last hip bump to the right shifts the weight laterally from the left to the right so that you are on the correct foot to begin the dance again

REPEAT

RESTART

Only occurs the fourth time through the dance and when you are facing the wall where you first began the dance. Leave off the last four counts of the dance (in other words do the side lunges and omit the hip bumps). Weight is already on the right foot to begin again.
