

# Tell Me Mama

COPPER KNOB  
BY STEPHEN BATES

拍數: 32      牆數: 2      級數: Improver line/contra dance  
編舞者: Rick Bates (USA) & Deborah Bates (USA)  
音樂: Before You Accuse Me - Delbert McClinton



## FORWARD SHUFFLES, STEP, KICK, STEP BACK, PIVOT

- 1&2      Shuffle forward (right, left, right)  
3&4      Shuffle forward (left, right, left)  
5-6      Step forward on right foot; kick left foot forward and slap hands with persons on either side of you  
7-8      Step back on ball of left foot; pivot ½ turn to the left on balls of both feet and shift weight to left foot

## MILITARY PIVOT TO THE LEFT, FORWARD SHUFFLE, TURNING SHUFFLE, ROCK STEP

- 9-10      Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

### Contra lines switch sides in this section

- 11&12      Shuffle forward (right, left, right)  
13&14      Shuffle forward (left, right, left) making a ½ turn to the right on these steps  
15-16      Step back on right foot; rock forward onto left foot

## TOE TOUCHES, MONTEREY TURN, MILITARY PIVOT TO THE LEFT

- 17-18      Touch right toe forward and diagonally to the right; touch right toe forward and diagonally to the left  
19-20      Touch right toe to the right; pivot ½ turn to the right on ball of left foot and step right foot next to left  
21-22      Touch left toe to the left; step left foot next to right  
23-24      Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

## STATIONARY KNEE POPS, FULL TURN TO THE RIGHT, ROCK STEP

- 25-26      With feet in place and weight on left foot, raise right heel and bend (pop) right knee slightly forward; rock back onto right heel and straighten right knee  
27-28      With feet in place and weight on left foot, raise right heel and bend (pop) right knee slightly forward; rock back onto right heel and straighten right knee  
&  
29-30      Rock forward onto ball of right foot and shift weight to left foot  
Step back on right foot and begin a full turn to the right traveling back; step on left foot and complete full traveling turn to the right  
31-32      Step back on right foot; rock forward onto left foot

## REPEAT

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