

# A Dance For Moms

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Derek Steele (USA)  
音樂: A Song for Mama - Boyz II Men



## ROCK, CROSS, STEP

1            Step slightly forward on right to right side  
&2          Step left in place, step right across left  
3            Step slightly forward on left to left side  
&4          Step right in place, step left across right  
5            Step slightly forward on right to right side  
&6          Step left in place, step right across left  
7            Step slightly forward on left to left side  
&8          Step right in place, step left across right

## FORWARD ROCK, SHUFFLE BACK, TOUCH, TURN, COASTER STEP

9-10        Rock forward on right, replace weight back on left  
11&12      Step back right & step together left, step back right  
13          Touch left toe back  
14          Turn a full turn left on ball of right and transfer weight to left  
15&16      Step back right & step together left, step forward right

## BACK ROCK, SIDE SHUFFLE, CROSS ROCK, TURN, SHUFFLE

17-18      Rock back on left, replace weight forward on right  
19&20      Side step left & step right beside left, side step left  
21          Cross rock right 45 degrees across left  
22          Recover weight to left prepping left foot for next count  
23          Finish ¼ right turn and step forward right  
&24        Step together left, step forward right

## SHUFFLE FORWARD LEFT, RIGHT, LEFT, STEP, STEP

25&26      Step forward left, step together right, step forward left  
27&28      Step forward right, step together left, step forward right  
29&30      Step forward left, step together right, step forward left  
31-32      Step forward right, step forward left (weight on left)

## REPEAT

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