

Mama Said

拍數: 32 牆數: 4 級數: Improver
編舞者: Josefin Blomkvist (SWE) - September 2007
音樂: Mama Said - Dave Sheriff



Intro: 16 counts

Section 1: Shuffle, step turn $\frac{1}{2}$, kick-ball-step x2

1&2 step Rf forward, step Lf beside R, step Rf forward
3-4 step Lf forward, turn $\frac{1}{2}$ turn to R and put weight over to Rf
5&6 kick Lf forward, step Lf beside R, step Rf forward
7&8 kick Lf forward, step Lf beside R, step Rf forward

Section 2: Shuffle, step turn $\frac{1}{4}$, cross shuffle, triple turn $\frac{3}{4}$

1&2 step Lf forward, step Rf beside L, step Lf forward
3-4 step Rf forward, turn $\frac{1}{4}$ turn to L and out weight over to Lf
5&6 cross Rf over L, step Lf to L side, cross Rf over L, turn $\frac{1}{4}$ turn to R
7&8 step Lf back, turn $\frac{1}{2}$ turn to R, step Rf forward, step forward on Lf

Section 3: Kick x2, step turn $\frac{1}{2}$, kick x2, step turn $\frac{1}{4}$

1&2& kick Rf forward, step Rf beside L, kick Lf forward, step Lf beside R
3-4 step Rf forward, turn $\frac{1}{2}$ turn to L and put weight over to Lf
5&6& kick Rf forward, step Rf beside L, kick Lf forward, step Lf beside R
7-8 step Rf forward, turn $\frac{1}{4}$ turn to L and put weight over to Lf

Section 4: Kick-cross-step, scuff-hitch-step, rock, shuffle turn $\frac{1}{2}$

1&2 kick Rf to R diagonally forward, cross Rf behind L, step Lf to L side
3&4 scuff Rf beside L, Rf hitch and step forward on Rf
5-6 rock Lf forward, recover on Rf, turn $\frac{1}{4}$ turn to L
8&7 step Lf to L side, step Rf beside L, turn $\frac{1}{4}$ turn to L and step Lf forward

Begin again.