

# Mama's Words

COPPER KNOB  
BY STEPHEN HETS

拍數: 32                      牆數: 2                      級數: Beginner  
編舞者: Henry Costa (USA) - February 2008  
音樂: Listen to Mom (聽媽媽的話) - Jay Chou (周杰倫) : (CD: Still Fantasy)



**Note: This dance is dedicated to Mom for whose love and support keeps me Dancin' and to every Mom who supports their child's dancing!**

## **SIDE, TOGETHER, SIDE, TOGETHER, RIGHT SIDE SHUFFLE, CROSS, SIDE, BACK, CROSS**

- 1- 4                      Step side RIGHT, step LEFT next RIGHT, step Side RIGHT, step LEFT next RIGHT  
(Optional arm movements: as you step side right, Wave left hand across the top of head, just past right Of head: arm slightly bent. Back to left when step next to starting foot. Think of arm waving side to side at a concert!)
- 5 & 6                      (Right Side Shuffle) Step side RIGHT, slide LEFT Next to RIGHT, step side RIGHT (arm now at side)
- 7&8&                      Cross LEFT in front of RIGHT, step side RIGHT, Step back LEFT (Slightly back past RIGHT), Cross RIGHT in front of LEFT (weight on RIGHT)

## **SIDE, TOGETHER, SIDE, TOGETHER, LEFT SIDE SHUFFLE, CROSS, SIDE, BACK, CROSS**

- 1-4                      Step side LEFT, step RIGHT next LEFT, step Side LEFT, step RIGHT next LEFT  
(Optional arm movements: as you step side left, Wave right hand across the top of head, just past left of head: arm slightly bent . Back to right when step next to starting foot. Think of arm waving side to side at a concert!)
- 5 & 6                      (Left Side Shuffle) Step side LEFT, slide RIGHT Next to RIGHT, step side LEFT (arm now at side)
- 7&8&                      Cross RIGHT in front of LEFT, step side LEFT, Step back RIGHT (Slightly back past LEFT), Cross LEFT in front of RIGHT (weight on LEFT)

## **LONG STEP SIDE RIGHT, SLIDE TOUCH LEFT NEXT TO RIGHT, 1/4 LEFT SIDE SHUFFLE, LONG STEP SIDE RIGHT, 1/4 LEFT SIDE SHUFFLE**

- 1-2                      Long step side RIGHT, slide LEFT toe touch next to RIGHT
- 3&4                      (1/4 turn Left side shuffle to left) Step Left 1/8 turn to left, Slide RIGHT next to LEFT to continue the turn, Step side LEFT 1/8 of turn to complete 1/4 turn
- 5-6                      Long step side RIGHT, slide LEFT toe touch next to RIGHT
- 7&8                      (1/4 turn Left side shuffle to left) Step Left 1/8 turn to left, Slide RIGHT next to LEFT to continue the turn, Step side LEFT 1/8 of turn to complete 1/4 turn (weight on LEFT)

## **(45) DEGREE ANGLE RIGHT SHUFFLE FORWARD, 45 DEGREE ANGLE FEFT FORWARD SHUFFLE, SKATE STEP RIGHT ANGLE FORWARD, SKATE STEP LEFT ANGLE FORWARD**

- 1&2                      (RIGHT 45 Degree angle/ Right shuffle forward) Step forward RIGHT, Slide LEFT forward next to RIGHT, step forward RIGHT
- 3&4                      (LEFT 45 Degree angle/ LEFT shuffle forward) Step forward LEFT, Slide RIGHT forward next to LEFT, step forward LEFT
- 5-6                      (Right skate step forward) Slide RIGHT forward (turning body Slightly To right), slide touch LEFT toe next to RIGHT
- 7-8                      (Left skate step forward) Slide LEFT forward (turning body Slightly To left), slide touch RIGHT toe next to LEFT (weight on LEFT)

**BEGIN AGAIN!**

