

Mama ChaCha

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 2 級數: Phrased Intermediate
編舞者: Kenny Teh (MY) - May 2008
音樂: Mama Cha Cha - The Fong Sisters



Sequence: Intro 64, A, A=32, B, B, A, C, B, B, A, B, B,

Start dance after the words "mama cha cha cha" 8 counts from the beginning:.

Introduction 64 counts:

PUSH ARMS X4, STEP, CROSS STEP, STEP, TOUCH

#1-4 Your weight is on right facing diagonally left, with the left toe pointing diagonally left. Hold the hands up by your side, bent at the elbow, palms closed. Now press backwards 4 times.

5-8 Step left to left, cross right over left, step left to left, touch right beside left facing diagonally right and clap

1-8 Mirror the above 8 steps

1-8 Repeat the first section #

STEP, TOUCHES X4

1-2 Step down on right, touch left besides right facing diagonally left

3-4 Step down on left, touch right besides left facing diagonally right

5-6 Repeat 1-2

7-8 Repeat 3-4

ROCK, RECOVER, 1/2TURN SHUFFLE, ROCKING CHAIR

1-4 Rock fwd right, recover, ½ turn right shuffle fwd RLR,

5-8 Rock fwd left, recover, rock fwd left, recover

ROCK, RECOVER, 1/2TURN SHUFFLE, ROCKING CHAIR

1-4 Rock fwd left, recover, ½ turn left shuffle fwd LRL,

5-8 Rock fwd right, recover, rock fwd right, recover

MAKE ¼ TURN ROCK, RECOVER, CROSSE, ROCK, RECOVER, CROSS CHASSE

1-4 ¼ left rock right, recover, cross chasse RLR

5-8 Rock left, recover, cross chasse LRL

ROCK, ¼ TURN TOUCH, ¼ TURN STEP, ¼ TURN STEP, BOUNCE HIPS

1-4 Step fwd right, 1/4 turn left touch left beside right, ¼ turn left step fwd left, 1/4 turn left, step down on right

5-8 Weight on right, bounce hips 4 times while the right hand make a circle clockwise starting at 5 o'clock with the right hand fully extended. At count 8 your right arm should be pointing forward.

SECTION A - 64 counts

WALK, WALK, WALK, TOUCH X2

1-4 Walk left, right, left, touch right to right and push right hand right

5-8 Walk back right, left, right, touch left to left and push left hand left

STEP, CROSS, STEP, TOUCH X2

1-4 Step left to left, step right over left, step left to left, touch right heel right facing diagonally right and clap

5-8 Mirror above steps

STEP, ½ TURN, TOE STRUTS X 3

1-2 Step fwd left, ½ turn right step fwd right

3-8 Left toe struts (swing both hands left), right toe struts (swing both hands right), left toe struts (swing both hands left)

STEP, TOUCH, TAP HEELS X4

&1-4 Step down on left, touch right toe diagonally right and tap right heels four times

(Push both hands and palms down for count 1 and up higher and higher for counts 2-4. You should be facing diagonally right and leaning slightly backwards)

&5-8 Mirror above steps

ROCK, RECOVER, ½ TURN SHUFFLE X2

12 3&4 Rock left fwd, recover, ½ turn left shuffle LRL

56 7&8 Rock fwd right, recover left, ½ turn right shuffle RLR

(count 1 and 5 spread out both hands at waist level)

PADDLE X4

1-8 ¼ turn right push left toe left, retract left, (repeat the steps 3 more times to complete a full turn right; rotating on the right foot. Place right hand on right hip and push out left hand to the side each time you push the left toe to the left)

ROCKING CHAIR X2

1-4 Step left over right facing diagonally right, recover, step back diagonally left, recover

5-8 Repeat above 4 steps

(Count 1 and 5: push both hands diagonally right and out at head level)

CROSS TOUCH, STEP BACK X4

1-2 Cross touch left over right (swing both hands left), step left back diagonally left

3-4 Cross touch right over left (swing both hands right), step right back diagonally right

5-6 Repeat 1-2

7-8 Repeat 3-4

(You should be moving backwards for the above 8 counts)

SECTION B - 32 counts

TOUCH (BOUNCE) X4, STEP, CROSS STEP, STEP, TOUCH

1-4 Touch (bounce) left toe fwd 4 times (Fully extend the right hand in front and left hand to the back. Your upper body and head should be facing left, leaning back. As you bounce your toes, bounce your hands as well.)

5-8 Step left to left, step right over left, step left to left, touch right beside left facing diagonally right and clap

1-8 Mirror the above 8 steps

TURN 1/4, SKIP AND KICK X4

1-2 ¼ turn left step fwd left, skip on left at the same time give a low kick with the right

3-4 ¼ turn left step fwd right, skip on right at the same time give a low kick with the left

5-6 Repeat 1-2

7-8 Repeat 3-4

(Place both hands on the hips for the above counts)

CROSS, RECOVER, CHASSE ¼ TURN, STEP, STEP, ½ TURN STEP, ¼ TURN CHASSE

1-2 Cross left over right, recover

3&4 Chasse left with a ¼ turn left

5-6 Step fwd right, ½ turn left step fwd left (pivot turn)

7&8 ¼ turn left chasse right RLR

(Place both hands on the hips for the above counts)

SECTION C - 32 counts: The singers sing the following words:-

“ Go “

1-8 Take a big step to the right, bending the right knee. Put the right thumb towards right as if asking for a lift. Maintain in this position for 8 counts.

“ Dance “

1-4 Step left fwd and shimmy for 4 counts bending the body fwd.

5-8 Shimmy and return the body to normal position stepping left beside right for 4 counts.

“ Shuai “

1-8 Take a big step to the right, bending the knee. With thumb and index finger open pull from under the chin and up away from the head maintaining in this position for 8 counts.

“ Ku “

1-8 Step down on left leaning towards left. Bring left hand from above the head passing in front of your face and down to the left for 8 counts.

Optional Section C: For those who do not wish to dance the above Section C could simply do the following:

“ Go “

1-8 Cross step left over, recover, chasse left, cross right over left, chassee right

“ Dance “

1-8 Step left fwd, pivot ½ right, shuffle fwd LRL, step right fwd, pivot ½ turn left, shuffle fwd RLR

“ Shuai “

1-8 Cross step left over, recover, chasse left, cross right over left, chassee right

“ Ku “

1-8 Step left fwd, pivot ½ right, shuffle fwd LRL, step right fwd, pivot ½ turn left, shuffle fwd RLR
