

Mama Said

拍數: 32 牆數: 4 級數: Improver
編舞者: Maria Tao (USA) - January 2009
音樂: Mama Said - Dave Sheriff



Intro: 16 count intro

** I'd like to dedicate this dance to my dear mother.

MONTANA KICK, LOCK STEP FWD, STEP FWD, PIVOT ½ TURN R, STEP FWD

1-2 Step right forward, kick left forward
3-4 Step left back, touch right toe back
5&6 Step right forward, lock left behind right, step right forward
7&8 Step left forward, pivot ½ turn right, step left forward (6:00)

SCUFF FWD, STEP FWD (R & L), MAMBO FWD, TOE STRUTS BACK (L & R), COASTER CROSS

1& Scuff right forward, step right forward
2& Scuff left forward, step left forward
3&4 Rock right forward, recover onto left, step right back
5& Touch left toe back, drop left heel down
6& Touch right toe back, drop right heel down
7&8 Step left back, step right beside left, cross left over right

R TOE TOUCHES, BEHIND-SIDE-CROSS, L TOE TOUCHES, BEHIND, ¼ TURN R, STEP FWD

1&2 Point right toe to right side, hitch right knee up slightly, point right toe to right side
3&4 Step right behind left, step left to left, cross right over left
5&6 Point left toe to left side, hitch left knee up slightly, point left toe to left side
7&8 Step left behind right, ¼ turn right stepping right forward, step left forward (9:00)

HEEL STEP FWD (R & L), R TOE STEP BACK, L STEP BACK, CROSS, HEELS BOUNCE (x 2) WITH ½ TURN L, SAILOR STEP, KICK BALL CHANGE

1& Step right heel forward, step left heel forward
2& Step right toe back, step left foot back
3&4 Cross right over left, bounce heels twice making ½ turn left (weight on right)
5&6 Cross step left behind right, step right to right, step left forward
7&8 Kick right forward, step right beside left, step left in place (3:00)

START AGAIN

ENDING: The dance will end facing the 3 o'clock wall. You can finish facing the front by replacing count 31-32 (kick ball change) with:

7&8 Step right forward, pivot ¼ turn left, stomp right beside left