

Go Mama Go

拍數: 64 牆數: 4 級數: Easy Intermediate
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音樂: Let Your Momma Go - Ann Tayler : (CD: Let Your Momma Go)



Intro: 32 Count intro from the Beginning

Side Step Right. Together. 1/4 Turn Right. Hold. Step. Pivot 1/2 Turn Right. 1/4 Turn Right. Hold.

- 1 – 2 Step Right to Right side. Close Left beside Right.
- 3 – 4 Make 1/4 turn Right stepping forward on Right. Hold.
- 5 – 6 Step forward on Left. Pivot 1/2 turn Right.
- 7 – 8 Make 1/4 turn Right stepping Left to Left side. Hold. (Facing 12 o'clock)

Back Rock. Toe Strut Right. Back Rock. Toe Strut Left.

- 1 – 4 Rock back on Right. Rock forward on Left. Step Right toe to Right side. Drop Right heel to floor.
- 5 – 8 Rock back on Left. Rock forward on Right. Step Left toe to Left side. Drop Left heel to floor.

Behind. Side. Cross. Hold. Side Rock. Recover 1/4 Turn Right. Step Forward. Hold.

- 1 – 4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. Hold.
- 5 – 6 Rock Left to Left side. Recover weight on Right making 1/4 turn Right.
- 7 – 8 Step forward on Left. Hold. (Facing 3 o'clock)

Diagonal Locks Step (Right & Left) with Scuff.

- 1 – 2 Step Right Diagonally forward Right. Lock step Left behind Right.
- 3 – 4 Step Right Diagonally forward Right. Scuff Left forward and out to Left side.
- 5 – 6 Step Left Diagonally forward Left. Lock step Right behind Left.
- 7 – 8 Step Left Diagonally forward Left. Scuff Right forward and out to Right side.

Reverse Rumba Box.

- 1 – 4 Step Right to Right side. Close Left beside Right. Step back on Right. Hold.
- 5 – 8 Step Left to Left side. Close Right beside Left. Step forward on Left. Hold.

Step. Pivot 1/2 Turn Left. Step Forward. Hold. Full Turn Right (Travelling Forward). Hold.

- 1 – 4 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Hold.
- 5 – 8 Travelling Forward...Make a Full turn Right stepping Left. Right. Left. Hold. (Facing 9 o'clock)
Easier option: Counts 5 – 8 above ... Left Lock Step Forward with Hold.

Side Step Right. Toes Touches In-Out-In. Side Step Left. Toe Touches In-Out-In.

- 1 – 2 Long step Right to Right side. Touch Left toe beside Right.
- 3 – 4 Touch Left toe out to Left side. Touch Left toe beside Right.
- 5 – 6 Long step Left to Left side. Touch Right toe beside Left.
- 7 – 8 Touch Right toe out to Right side. Touch Right toe beside Left.

Mambo 1/2 Turn Right. Stomp Forward. Hold for 3 Counts.

- 1 – 4 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right. Hold.
- 5 – 8 Stomp forward on Left; spreading hands out to each side. Hold for 3 Counts. (Facing 3 o'clock)

Start Again

Note: At the End of Wall 5 (Facing 3 o'clock) ... Dance the 1st Section of the dance Only (Counts 1 – 8)

Then continue with a 12 Count Tag as follows:

12 Count Tag: Behind. Hold. 1/4 Turn Left. Hold. Right Jazz Box Cross with Holds.

1 – 4 Cross Right behind Left. Hold. Make 1/4 turn Left stepping forward on Left. Hold.

5 – 8 Cross step Right over Left. Hold. Step back on Left. Hold.

9 – 12 Step Right to Right side. Hold. Cross step Left over Right. Hold. (Facing 12 o'clock)

Then Restart the dance again from the Beginning (Facing 12 o'clock)

Ending: The Music Ends during Wall 8 (Facing 3 o'clock) ... to finish Facing the Front Wall ... Dance up to Count 12 ... then Count 13: Rock back on Left. 14: Rock forward on Right. 15: Make 1/4 turn Left stepping forward on Left. 16: Hold and Pose!!!! ... It's MUCH Easier than it looks ... Trust Me!!!!
