

Mama Says

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Karl-Harry Winson (UK) - November 2009
音樂: Mama Said - Dionne Bromfield : (CD: Introducing Dionne Bromfield)



Intro – 16 Counts. Start on Vocals.

Step Touches (with clicks) X2. 1 ¼ Rolling Grapevine right .

- 1 – 2 Step right foot to right side. Touch left foot next to the right (click fingers when touch).
- 3 – 4 Step left foot to left side. Touch right foot next to the left (click fingers when touch).
- 5 – 6 Make a ¼ turn right stepping right forward. Make a ½ turn right stepping back on the left.
- 7 – 8 Make a ½ right stepping right forward. Scuff the left foot beside the right.

Step Touch. Heel Dig (with clicks) X2.

- 1 – 2 Step forward on the left. Touch right foot beside the left (click fingers as you touch).
- 3 – 4 Step back on the right. Dig left heel forward (click fingers as you dig).
- 5 – 6 Step forward on the left. Touch right foot beside the left (click fingers as you touch).
- 7 – 8 Step back on the right. Dig left heel forward (click fingers as you dig).

Step scuff. Cross back. Right Chasse. Back rock.

- 1 – 2 Step forward on the left. Scuff the right foot beside the left.
- 3 – 4 Cross right foot over the left. Step back on the left.
- 5 & 6 Step right foot to the right side. Close left next to the right. Step right to the right side.
- 7 – 8 Rock back on the left. Recover weight forward onto the right.

½ turn right. Step Scuff. Step: Out, Out, In, In.

- 1 – 2 Make a ¼ turn right stepping back on the left. Make a ¼ turn right stepping right forward.
 - 3 – 4 Step forward on the left. Scuff right foot beside the left.
 - 5 – 6 Step forward and out on the right. Step forward and out on the left.
 - 7 – 8 Step back and in on the right. Step back and in on the left.
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