

Happy Mama

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: ModernId - April 2011
音樂: Rang Ni Ma Ma New Yi Xia (讓你媽媽New一下) - Harlem Yu (庾澄慶)



Intro: 24 counts – Pattern: B B A B C / B A / B B A(5/8~8/8) B C / B B

Part A(64 counts)

R POINT FRONT, FLICK ½ TURN L, SHUFFLE FWD, REPEAT WITH L

1-2 Point right forward, flick right with ½ turn left
3&4 Shuffle forward with R, L, R
5-6 Point left forward, flick left with ½ turn right
7&8 Shuffle forward with L, R, L

SYNCOPATED R VINE, CROSS MAMBO X2

1 Step right to right side
2&3 Cross left behind right, step right to right side, cross left over right
4 Step right to right side
5&6 Cross mambo on left over right, recover onto right, step left to left
7&8 Cross mambo on right over left, recover onto left, step right to right

SYNCOPATED L VINE, CROSS MAMBO X2

1 Step left to left side
2&3 Cross right behind left, step left to left side, cross right over left
4 Step left to left side
5&6 Cross mambo on right over left, recover onto left, step right to right
7&8 Cross mambo on left over right, recover onto right, step left to left

ROCK STEPS WITH R, FWD, BACK, SIDE, REPEAT WITH L

1&2& Rock right forward, recover left, rock right back, recover left
3&4 Rock right to right side, recover left, step right together
5&6& Rock left forward, recover right, rock left back, recover right
7&8 Rock left to left side, recover right, step left together

SHUFFLE FWD X2, R FWD, RECOVER ½ TURN L, R KICK BALL POINT

1&2 Shuffle forward with R-L-R
3&4 Shuffle forward with L-R-L
5-6 Step forward on right, pivot ½ turn to left
7&8 Kick right forward, step right next to left, point left to left side

SHUFFLE FWD X 2, L FWD, PIVOT ½ TURN R, L KICK BALL POINT

1&2 Shuffle forward with L-R-L
3&4 Shuffle forward with R-L-R
5-6 Step forward on left, pivot ½ turn to right
7&8 Kick left forward, step left next to right, point right to right side

R CROSS KICK TWICE, R SAILOR, L CROSS KICK TWICE, L SAILOR ½ TURN L

1-2 Cross kick right twice
3&4 Sweep right back stepping behind left, step left to left side, step right to right side
5-6 Cross kick left twice
7&8 Sweep left ½ turn left stepping behind right, step right to right side, step left to left side

OUT OUT IN IN, JAZZ BOX

- 1-2 Step forward right to right side(R arm up), step forward left to left side (L arm up)
- 3-4 Step back on right (R arm in front of waist), step left next to right (L arm on top of R arm)
- 5-8 Right cross, left back, right back, left in place

Part B(32 counts)

OUT, OUT, JUMP TOGETHER (R-L-R), REPEAT WITH LEFT

- 1-2 Step forward right to right side diagonally, step forward left to left side diagonal
- 3&4 Jump back on right, step left beside, step right in place
- 5-6 Step forward left to left side diagonally, step forward left to left side diagonal
- 7&8 Jump back on left, step right beside, step left in place

Hip Swivel Right (Travel & Lean), Hip Swivel Left (Travel & Lean)

- 1-2 Right Side Touch Swivel Hip right, swivel Hip Left (Weight Center)
- 3-4 Swivel Hip right (Weight Right), Swivel Hip Left (Weight Right)
- 5-6 Swivel Hip Right, Swivel Hip Left (Weight Center)
- 7-8 Swivel Hip Right (Weight Left), Swivel Hip Left(Weight Left)

JUMP STEPS, RIGHT, TOGETHER, RIGHT, TOUCH, REPEAT WITH LEFT

- 1-4 Step right to right side, step left beside right, step right to right side, touch left together
- 5-8 Step left to left side, step right beside left, step left to left side, touch right together

CROSS KICK, STEP, CROSS KICK, STEP, PADDLE ¼ TURN LEFT TWICE

- 1-4 Cross kick right over left, step right to right side, cross kick left over right, step left to left side
- 5-6 Step forward on right, pivot ¼ turn left rocking weight onto left
- 7-8 Step forward on right, pivot ¼ turn left rocking weight onto left

Part C(32 counts)

DIAGONAL SHUFFLE FWD TWICE(R & L), HEEL, STEP, HEEL, STEP

- 1&2 Step right forward to right diagonal, step left beside right, step right forward
- 3&4 Step left forward to left diagonal, step right beside left, step left forward
- 5-7 Cross touch right heel over left, step right to right, cross touch left heel over right, step left to left

SIDE, HIP ROLLING TO THE RIGHT, HIP BUMPS, HIP ROLLING TO THE LEFT, HIP BUMPS

- 1-2 Step right to roll hips clockwise, bump hips to right side
- 3-4 Roll hips counter-clockwise, bump hips to left side
- 5-8 Bump hips right, left, right, left

DIAGONAL STEP BACK TWICE(R & L), HEEL, STEP, HEEL, STEP

- 1&2 Step right back diagonal, drag left toward right stepping left together, step right in place
- 3&4 Step left back diagonal, drag right toward left stepping right together. step left in place
- 5-8 Cross touch right heel over left, step right to right side, cross touch left heel over right, step left to left side

SIDE, HIP ROLLING TO THE RIGHT, HIP BUMPS, HIP ROLLING TO THE LEFT, HIP BUMPS

- 1-2 Step right to roll hips clockwise, bump hips to right side
- 3-4 Roll hips counter-clockwise, bump hips to left side
- 5-8 Bump hips right, left, right, left

Enjoy the dance and Happy Mother's Day!!
