

Rock Me Mamma (aka 3 in a bed)

COPPER **KNOB**
BY STEPHENETS

拍數: 96 牆數: 2 級數: Phrased Improver
編舞者: Martin O'Connell & Carmel Kelly - September 2012
音樂: Wagon Wheel - Nathan Carter



32 Count intro

SECTION 1:

RIGHT LOCK RIGHT HOLD, LEFT LOCK LEFT HOLD

1 - 8 Forward Right-Lock-Right, Hold, Forward Left-Lock-Left, Hold

RIGHT FORWARD MAMBO HOLD, LEFT COASTER STEP HOLD

9 -16 Mambo Forward & Back RLR, Hold, Left Coaster Step, Hold

VINE RIGHT, SCUFF TURN, VINE LEFT

17-24 Vine Right, Scuff Left doing 1/2 turn Right, Vine Left

VINE RIGHT, SCUFF TURN, VINE LEFT

25-32 Vine Right, Scuff Left doing 1/2 turn Right, Vine Left

SECTION 2:

SIDE ROCK, BACK ROCK, R KICK-BALL-CHANGE, STEP 1/4 TURN

1 - 8 Side Rock on Right, Recover onto Left, Back Rock on Right, Recover onto Left, Right Kick-ball-change, Step Forward onto Right, Pivot 1/4 Turn Left

SIDE ROCK, BACK ROCK, R KICK-BALL-CHANGE, STEP 1/4 TURN

9 -16 Side Rock on Right, Recover onto Left, Back Rock on Right, Recover onto Left, Right Kick-ball-change, Step Forward onto Right, Pivot 1/4 Turn Left

RHUMBA BOX FORWARD HOLD, RHUMBA BOX BACK HOLD

17-24 Right to Right, Close Left to Right, Right Forward, Hold, Left to Left, Close Right to Left, Left Back, Hold

HIPS RIGHT-LEFT-RIGHT-HOLD, LEFT-RIGHT-LEFT HOLD

25-32 Hips Right Left Right, Hold, Hips Left Right Left Hold

SECTION 3:

SHUFFLE BACK RIGHT LEFT RIGHT, HITCH, SHUFFLE BACK LEFT RIGHT LEFT HITCH

1 - 8 Shuffle Back Right Left Right Hitch Left, Shuffle Back Left Right Left Hitch Right

SHUFFLE FORWARD RIGHT LEFT RIGHT, HITCH, SHUFFLE FORWARD LEFT RIGHT LEFT HITCH RIGHT

9 -16 Shuffle Forward Right Left Right Hitch Left, Shuffle Forward Left Right Left Hitch Right

RIGHT SIDE-ROCK-CROSS, HOLD, LEFT SIDE-ROCK-CROSS, HOLD

17-24 Side Rock on Right, Recover onto Left, Cross Right in front of Left, Hold, Side Rock on Left, Recover onto Right, Cross Left in front of Right, Hold

STEP, HOLD, 1/4 TURN HOLD, STEP, HOLD, 1/4 TURN HOLD

25-32 Step Forward on Right, 1/4 Turn Left, Hold, Step Forward on Right, 1/4 Turn Left Hold

SEQUENCE (SECTIONS): 1-1-2-2-3 - 1-1-2-2-3 - REPEAT SECTION 2 TO END.

