

Mama Rock Me

COPPERKNOB
STEPSHEETS

拍數: 64
編舞者: Pam Cassells (AUS) - May 2013
音樂: Wagon Wheel - Darius Rucker

牆數: 4

級數: Easy Intermediate



Start Position: Feet together - with weight on L foot.

Starts on vocals – 48 counts in

- 1,2 Step R forward, touch L beside R,
3,4 Step L forward, touch R beside L,
5,6,7,8 Step R back, cross L over R, step R back, touch L beside R,
- 1,2 Step L back, touch R beside L,
3,4 Step R back, touch L beside R,
5,6,7,8 Step L back, cross R over L, step L back, touch R beside L,
- 1,2,3,4 Vine R - step R to R side, step L behind R, step R to R side, touch L beside R,
5,6,7,8 Touch L heel to L45, hook L over R shin, touch L heel to L 45, touch L beside R,
- 1,2,3,4 Vine L - step L to L side, step R behind L, step L to L side, touch R beside L,
5,6,7,8 Touch R heel to R45, hook R over L shin, touch R heel to R45, touch R beside L,
- 1,2,3,4 R rocking chair - step R forward, rock back on L, step R back, rock forward on L,
5,6,7,8 Step R forward, lock L behind R, step R forward, touch L beside R,
- 1,2,3,4 L rocking chair - step L forward, rock back on R, step L back, rock forward on R,
5,6,7,8 Step L forward, lock R behind L, step L forward, touch R beside L,
- 1,2,3,4 Step/rock R to R side, rock/replace weight onto L, step R over L, hold,
5,6,7,8 Step/rock L to L side, rock/replace weight onto R, step L over R, hold,
- 1,2 Step R to R side, step L beside R,
3,4 Hips - L, R,
5,6 Step L to L side, turning 90 degrees R on L dragging R up to L - weight on L,
7,8 Step R back, step L beside R (coaster step style).

REPEAT DANCE IN NEW DIRECTION

Restart: During wall three (3) - dance the first 32 counts and Restart again.

Contact - Pam Cassells – ph: 0429 640 510