

Mama Take Me Home

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Siara Vigante (LAT) - November 2013
音樂: Mama Take Me Home - Rednex



STEP, SIDE ROCK, ACROSS, BACK LOCK STEP, ¼ TURN LEFT STEP, ¼ TURN STEP, TOUCH BEHIND

1-2&3 Step R forward, step L to L, step R in place, step L across R
4&5 Step R back, step L lock across R, step R back
6-7-8 ¼ turn L and step L forward, ¼ turn L and step R to R, point L behind R
On count 8 you can click both your fingers to right side

SIDE TOE STRUT, ACROSS TOE STRUT, ¼ TURN AND L SHUFFLE FORWARD, STEP, ½ TURN

1-2-3-4 Touch L toe to L, step heel down, touch R toe across L, step heel down
Here you can shimmy your shoulders

5&6 ¼ turn L and step L forward, step R beside L, step L forward
7-8 Step R forward, ½ turn L and step R in place

CHARLESTON STEP, SHUFFLE, STEP, ½ TURN AND STEP TOGETHER

1-2-3-4 Touch R forward, step R back, touch L back, step L forward
5&6 Step R forward, step L beside R, step R forward
7-8 Step L forward, ½ turn R on Left and step R beside L (here feet are on V position)

TRAVELING APPLEJACKS RIGHT, TRAVELING APPLEJACKS LEFT

1 With weight on L heel and ball of R foot, swivel L toe to R and R heel to R
& With weight on R heel and ball of L foot, swivel R toe to R and L heel to R
2 With weight on L heel and ball of R foot, swivel L toe to R and R heel to R
& Hold and Clap hands
3 With weight on L heel and ball of R foot, swivel L toe to L and R heel to L
& With weight on L ball and heel of R foot, swivel L heel to L and R toe to L
4 With weight on L heel and ball of R foot, swivel L toe to L and R heel to L
& Hold and Clap hands
5-6-7-8 Step R forward, ¼ turn L and step L in place, step R forward, ¼ turn L and step L in place

REPEAT

TAG: After wall 7

JAZZ TRIANGLE IN PLACE

1-2-3-4 Step R across L, step L back, step R to R, step L beside R

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