

Go Mama

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Laura Bartolomei (FR) - November 2013
音樂: Go Mama - Wayne Beckford



[1 – 8] □ Step hold 2x, Cross mambo, hold □

1 – 2 Step R to R side, hold □ 12:00
3 – 4 Step L to L side, hold □ 12:00
5 – 6 Rock R over L, recover on L □ 12:00
7 – 8 Step R to R side, hold □ 12:00

[9 – 16] □ Jazzbox ¼, Hold, Point side ¼ hold 2x □

1 – 2 Cross L over R, ¼ turn L stepping R back □ 09:00
3 – 4 Step L forward, Hold □ 09:00
5 – 6 ¼ turn L pointing R to R side, Hold □ 06:00
7 – 8 ¼ turn L pointing R to R side, Hold □ 03:00

[17 – 24] □ Rockstep sweep, Sailorstep ¼, Hold □

1 – 2 Rock R forward, Hold □ 03:00
3 – 4 Recover on L sweeping R from front to back □ 03:00
5 – 6 Cross R behind L, ¼ turn R stepping L back □ 06:00
7 – 8 Step R forward, Hold □ 06:00

[25 – 32] □ Rockstep with hips, Coaster step turn ¼ □

1 – 2 Rock L forward pushing hips forward, hold □ 06:00
3 – 4 Recover on R pushing hips backward, hold □ 06:00
5 – 6 Step L back, Close R next to L □ 06:00
7 – 8 Step L forward, ¼ turn R ending weight on R □ 09:00

[33 - 40] □ Weave, Sweep □

1 – 2 Cross L over R, Step R to R side □ 09:00
3 – 4 Cross L behind R, Step R to R side □ 09:00
5 – 6 Cross L over R, Step R to R side □ 09:00
7 – 8 Cross L behind R sweeping R from front to back □ 09:00

[41 - 48] □ Weave, Hitch 1/8 2x □

1 – 2 Cross R behind L, Step L to L □ 09:00
3 – 4 Cross R over L, Step L to L □ 09:00
5 – 6 Step R next to L hitching L knee with 1/8 turn, Step L on place □ 07:30
7 – 8 Step R next to L hitching L knee with 1/8 turn, Hold □ 06:00

[49 – 56] □ Lockstep backwards, Hold, Coasterstep, Hold □

1 – 2 Step L back, Lock R over L □ 06:00
3 – 4 Step L back, Hold □ 06:00
5 – 6 Step R back, Step L next to R □ 06:00
7 – 8 Step R forward, Hold □ 06:00

[57 – 64] □ Step, Hold, ½ turn hold, 1 ½ turn jumping 3x □

1 – 2 Step L forward, Hold □ 06:00
3 – 4 ½ turn R ending weight on R □ 12:00
5 – 6 Jump with both feet closed ¼ turn R, Jump with feet closed ½ turn R □ 09:00
7 – 8 Jump with both feet closed ½ turn R, Hold □ 03:00

Begin again!

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