

Mama Jama Boogie

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Linda McCormack (UK) - March 2014
音樂: She's a Bad Mama Jama - Carl Carlton : (iTunes)



Count in: 48 count intro □

[1-8] □ □ Syncopated grapevine, rock back, recover, rock and cross

1,2&3,4 R side (1); L behind (2); R side, cross L over R (&3); R side (4);
5,6,7&8 L back rock (5); recover weight onto R (6); L rock and cross (7&8);

[9-16] □ □ Side, together, side chasse, ¼ step, pivot ½, twist ½ x2

1,2,3&4 R side (1); close LF with R (2); R chasse to R side (3&4);
5,6,7,8 Turning ¼ to the R step forward on the L foot (5); pivot ½ turn over R shldr to face 9 o' clock (weight is even) (6); twist ½ turn over L shldr back to 3 o'clock (feet stay in place) (7); twist ½ turn over R shldr back to 9 o'clock (feet stay in place) (8);

[17-24] □ □ L ½ rumba box forward, R jazz box cross

1,2,3,4 L side (1); RF closes next to L (2); L step forward (3,4);
5,6,7,8 Cross RF over L (5); step LF back (6); step RF to side (7); cross LF over R (8);

[25-32] □ □ R ½ rumba box forward, step, ½ pivot, step ¼, touch.

1,2,3,4 R side (1); LF closes next to R (2); R step forward (3,4);
5,6,7,8 Step forward on LF (5); ½ turn pivot over R shldr to face 3 o'clock (6); ½ turn stepping LF to L side to face 6 o'clock (7) touch RF behind L (8);

Start the dance again!
