Mom Sayings (媽媽說)

Level: High Beginner

Choreographer: Sally Hung (TW) - July 2023

Music: 海来阿木 - 妈妈说 (DJ默涵版) Me Nói (Remix Tiktok)

Intro: 32 counts

Tag1 (4 counts)

1-2-3-4 Slow sway to R for 2 counts, Slow sway to L for 2 counts

Tag2 (8 counts)

- Slow sway to R for 2 counts, Slow sway to L for 2 counts 1-4
- 5-8 Rock R fwd, Recover onto L, Rock back on R, Recover onto L

MAIN DANCE (32 COUNTS)

Count: 32

S1. TOE STRUTS (R,L), JAZZ BOX W/ BRUSH

- 1-4 R toe fwd, Drop R heel, L toe fwd, Drop L heel
- 5-8 Cross R over L, Step back on L, Step R to R side, Brush L fwd

S2. SIDE - BEHIND TOUCH (L,R), SIDE ROCK X3, HITCH W/ 1/4 TURN L

- Step L to L side, Touch R behind L, Step R to R side, Touch L behind R 1-4
- 5-8 Rock L to L side, Rock R to R side, Rock L to L side, Hitch R with 1/4 turn L

S3. ROCKING CHAIR, CROSS-POINT X2

- Rock R fwd, Recover onto L, Recover back on R, Recover onto L 1-4
- 5-8 Cross R over L, Point L to L side, Cross L over R, Point R to R side

S4. DIAGONAL FWD, TOUCH, DIAGONAL BACK, TOUCH, V STEP

- 1-4 Step R to R diagonal fwd, Touch L beside R, Step L to L diagonal back, Touch R beside L 5-8 Step R out to R diagonal fwd, Step L out to L diagonal fwd, Step R back to center, Step L
- Enjoy!

Contact Sally Hung: hung1125@gmail.com

next to R





Wall: 4