Mama Don't Dance (古板老媽) (zh)

Compte: 48 **Mur:** 4 **Niveau:** Improver
Chorégraphe: Doug Miranda (USA) & Jackie Miranda (USA) - 2007年10月
Musique: Your Mama Don't Dance - Loggins & Messina

第一段 **Side Toe Struts to Right Side; Side Rock, Recover, Cross, Hold**
右側趾踵步, 側下沉, 回復, 交叉, 候

1-4 Touch R toe to R side, step down on R heel, cross step L toe over R, step L heel down
右足趾右點, 右足踵原地踏, 左足趾於右足前交叉點, 左足踵原地點

5-8 Rock R to R side, recover on L, cross R over L, hold
右足右下沉, 左足回復, 右足於左足前交叉踏, 候

第二段 **Side Toe Struts to Left Side; Side Rock, Recover, Cross, Hold**
左側趾踵步, 側下沉, 回復, 交叉, 候

1-4 Touch L toe to L side, step down on L heel, cross step R toe over L, step R heel down
左足趾左點, 左足踵原地踏, 右足趾於左足前交叉點, 右足踵原地踏

5-8 Rock L to L side, recover on R, cross L over R, hold
左足左下沉, 右足回復, 左足於右足前交叉踏, 候

第三段 **Side Mambo to Right, Side Mambo to Left 右曼波, 左曼波**

1-4 Rock R to R side, recover on L, step R next to L, hold
右足右下沉, 左足回復, 右足併踏, 候

5-8 Rock L to L side, recover on R, step L next to R, hold
左足左下沉, 右足回復, 左足併踏, 候

Step variations for Set 3 第三段選擇版 **½ Turn Monterey 2X; 1/2蒙特瑞轉二次**
Step Forward, ½ Turn, Hold; Step Forward, ½ Turn, Hold ??

1-2 Touch R toe to R side, pivot on ball of L and turn ½ turn R as you swing R around and step R next to L with weight on R
右足趾右點, 左轉180度右足併踏

3-4 Touch L toe to L side, step L next to R (weight on L)
左足趾左點, 左足併踏(重心在左足)

5-8 Repeat steps 1-4 above 重覆1-4

第四段 **MamboForward, Mambo Back 前曼波, 後曼波**

1-4 Rock forward on R, recover back on L, step R next to L, hold
右足前下沉, 左足後回復, 右足併踏, 候

5-8 Rock back on L, recover forward on R, step L next to R, hold
左足後下沉, 右足前回復, 左足併踏, 候

Step variations for Set 4 第四段選擇版 **Step Forward, ½ Turn Left, Step Forward, Hold; Step Forward, ½ Turn Right, Step Forward, Hold**
前踏, 左轉1/2, 前踏, 候, 前踏, 右轉1/2, 前踏, 候

1-4 Step forward on R, turn ½ turn L transferring weight to L, step forward on R, hold (weight on R)
右足前踏, 左轉180度重心在左足, 右足前踏, 候(重心在右足)

5-8 Step forward on L, turn ½ turn R transferring weight to R, step forward on L, hold (weight on L)
左足前踏, 右足180度重心在右足, 左足前踏, 候(重心在左足)

第五段 Diagonal Steps Forward with Holds; Steps Back with Holds
斜角線前踏 & 候, 後踏 & 候

1-4 Step forward on R at R diagonal, hold; step forward on L at L diagonal, hold 右足斜角線前踏, 候, 左足斜角線前踏, 候

for styling 手勢 raise arms and swing them R and L snapping fingers on hold counts 2 & 4 雙手舉起右擺動, 彈手指, 左擺動, 彈手指

5-8 Step back on R, hold; step back on L next to R, hold
右足後踏, 候, 左足後併踏, 候

for styling 手勢 lower arms swinging them R and L, snapping fingers on hold counts 6 & 8 雙手略抬右擺動, 彈手指, 左擺動, 彈手指

第六段 Step Forward, Hold, ¼ Turn Left, Hold, Jazz Box
前踏, 候, 左轉1/4, 候, 爵士方塊

1-4 Step forward on R, hold; turn ¼ turn L, hold (weight on L)
右足前踏, 候, 左轉90度, 候(重心在左足)

5-8 Jazz box stepping R over L, step back on L, step R to R side, step L next to R
爵士方塊:右足於左足前交叉踏, 左足後踏, 右足右踏, 左足併踏