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| O Mama Go Easy |  |

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| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Easy Beginner | . |
| **编舞者:** | Molly Yeoh (MY) - December 2017 | | | | |
| **音乐:** | Oh Mama Hey (feat. Crystal Waters) (Radio Edit) - Chris Cox & DJ Frankie | | | | |
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**#32 count intro - (No Tags - No Restart)**

**WEAVE TO RIGHT, CHEST PUMP**

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| --- | --- |
| 1-2–3-4, | Step R to right, L step behind R, R to R, L step beside R |

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| --- | --- |
| 5-6-7-8 | Pump chest 4 times or push in out with albow hands 4 times |

**WEAVE TO LEFT, TWIST TO LEFT**

|  |  |
| --- | --- |
| 1-2-3-4 | Left step left , R step behind L, L to L, R step beside R |

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| --- | --- |
| 5-6-7-8 | Twist to left 4 times(LRLR) or twist 4 time on the spot |

**RIGHT /LEFT/ RIGHT SHUFFLE FORWARD, STEP DOWN, BACK TAP, SNAP FINGERS**

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| --- | --- |
| 1&2 3&4 | Right shuffle fwd, L shuffle fwd, |

|  |  |
| --- | --- |
| 5&6 &78 | R shuffle fwd, L fwd step down@&, R tap behind L@7, snaps fingers@8 |

**BACKWARD SHUFFLE TWICE, ROCK, HITCH ¼ TURN**

|  |  |
| --- | --- |
| 1&2, 3&4 | Right shuffle back, L shuffle back, |

|  |  |
| --- | --- |
| 5 -6-7-8 | R rock back recover on L, R rock back recover on L@8 ¼ Left turn with a hitch |

**Try it you will love it. Thank you!**

**(Alternate dance to OH MAMA HEY-INTER DANCE)**

**Please contact me at suanyeoh@hotmail.com**