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| Oh Mama |  |

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| **拍数:** | 64 | **墙数:** | 2 | **级数:** | Intermediate | . |
| **编舞者:** | Robbie McGowan Hickie (UK) | | | | |
| **音乐:** | Mama - Miko Marks | | | | |
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**SIDE STEP LEFT, SLIDE, CHASSE ¼ TURN RIGHT, STEP, PIVOT ¾ TURN RIGHT, SIDE STEP, TOUCH**

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| --- | --- |
| 1-2 | Long step left to left side - swaying hips left, slide/drag right beside left, (weight on left) |

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| 3&4 | Step right to right side, close left beside right, turn ¼ turn right stepping forward on right |

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| 5-6 | Step forward on left, pivot ¾ turn right, (weight on right) |

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| 7-8 | Long step left to left side - swaying hips left, slide/drag right beside left, (weight on left) |

**SIDE STEP RIGHT, SLIDE, CHASSE ¼ TURN LEFT, STEP, PIVOT ¾ TURN LEFT, SIDE STEP, TOUCH**

|  |  |
| --- | --- |
| 1-2 | Long step right to right side - swaying hips right, slide/drag left beside right, (weight on right) |

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| --- | --- |
| 3&4 | Step left to left side, close right beside left, turn ¼ turn left stepping forward on left |

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| --- | --- |
| 5-6 | Step forward on right, pivot ¾ turn left, (weight on left) |

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| --- | --- |
| 7-8 | Long step right to right side - swaying hips right, slide/drag left beside right, (weight on right) |

**BACK ROCK, LEFT SHUFFLE ½ TURN RIGHT, BACK ROCK, RIGHT SHUFFLE ½ TURN LEFT**

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| --- | --- |
| 1-2 | Rock back on left, rock forward on right, (facing 12:00) |

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| 3&4 | Left shuffle forward turning ½ turn right stepping, left, right, left |

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| 5-6 | Rock back on right, rock forward on left |

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| 7&8 | Right shuffle forward turning ½ turn left stepping, right, left, right, (facing 12:00) |

**STEP BACK, TOUCH, ¼ TURN RIGHT, POINT, CROSS, SIDE, BEHIND & CROSS**

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| 1-2 | Step back on left - upper body turned slightly left, touch right toe across left and click fingers |

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| 3-4 | Turn ¼ turn right stepping forward on right, point left toe out to left side, (facing 3:00) |

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| 5-6 | Cross step left over right, step right to right side |

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| 7&8 | Cross left behind right, step right to right side, cross step left over right |

**HIP SWAYS, ¼ TURN LEFT WITH HOOK, STEP, LOCK, LEFT LOCK STEP FORWARD**

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| 1-2 | Step right to right side swaying hips right, sway hips left |

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| 3-4 | Sway hips right, on ball of right, turn ¼ turn left hooking left heel across right shin |

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| 5-6 | Step forward on left, lock right behind left |

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| 7&8 | Step forward on left, lock right behind left, step forward on left, (facing 12:00) |

**FORWARD ROCK, TRIPLE STEP FULL TURN RIGHT, CROSS ROCK, CHASSE ¼ TURN LEFT**

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| 1-2 | Rock forward on right, rock back on left |

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| 3&4 | Right triple step on the spot turning full turn right stepping, right, left, right |

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| 5-6 | Cross rock left over right, rock back on right |

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| 7&8 | Step left to left side, close right beside left, turn ¼ turn left stepping forward on left |

**CROSS, BACK, ¼ TURN CHASSE RIGHT, CROSS, ¼ TURN LEFT, LEFT SHUFFLE ½ TURN LEFT**

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| 1-2 | Cross step right over left, step back on left, (facing 9:00) |

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| 3&4 | Turn ¼ turn right stepping right to right side, close left beside right, step right to right side |

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| --- | --- |
| 5-6 | Cross step left over right, turn ¼ turn left stepping back on right |

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| --- | --- |
| 7&8 | Left shuffle back turning ½ turn left stepping, left, right, left, (facing 3:00) |

**FORWARD ROCK, RIGHT LOCK STEP BACK, TOUCH BACK, REVERSE PIVOT ½ TURN LEFT, RIGHT SCISSOR ¼ TURN**

|  |  |
| --- | --- |
| 1-2 | Rock forward on right, rock back on left |

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| 3&4 | Step back on right, lock step left across right, step back on right |

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| 5-6 | Touch left toe back, reverse pivot ½ turn left, (weight on left) |

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| 7&8 | Turn ¼ turn left rocking right to right side, close left beside right, cross step right over left, (facing 6:00) |

**REPEAT**