

Listen to Mum's Words

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Ping Chen (CN) - May 2017
音乐: Listen to Mom (聽媽媽的話) - Jay Chou (周杰倫)



Intro: 16 counts - Sequence: AA BB AB BB AB B

PART A: 32 counts

AS1 : R MAMBO, L MAMBO, FORWARD MAMBO, BACK MAMBO

1&2 Rock R to R side, Recover to L, Step R together
3&4 Rock L to L side, Recover to R, Step L together
5&6 Rock R Forward, Recover to L, Step R back
7&8 Rock L back, Recover to R, Step L forward

AS2: SIDE, TOGETHER, SHUFFLE, CROSS ROCK, BIG STEP, TOGETHER

1 2 Step R to R side, Step L together
3&4 Step R to R side, Step L together, Step R to R side
5 6 Cross L behind R, Recover to R
7 8 Take a big step to L side, Drag R toward to L

AS3: DOROTHY STEP R, L, WALK BACK, BACK ROCK

12& Step R forward to the diagonal, Lock L behind R, Step R Forward
34& Step L forward to the diagonal, Lock R behind L, Step L Forward
5 6 Step R back, Step L back
7 8 Rock R back, Recover to L

AS4: R FORWARD, L POINT, L FORWARD, R POINT, R FORWARD, PIVOT 1/2 L, KICK BALL CHANGE

1 2 Step R forward, point L to L side
3 4 Step L forward, point R to R side
5 6 Step R forward, Turn 1/2 L step L forward (6:00)
7&8 kick R forward, step R ball next to L, step R forward

PART B: 32 counts

BS1 : SIDE, BEHIND, SIDE, TOGETHER, TURN 1/4 R, PIVOT 3/8 R, SHUFFLE

1 2 Step R to R side, Step L behind R.
3&4 Step R to R side, Step L together, Turn 1/4 R step R forward (3:00)
5 6 Step L forward, Turn 3/8 R step R forward (7:30)
7&8 Step L forward, Step R together, Step L Forward (7:30)

BS2: SWAY R, L, POP KNEES,

1 2 Step R to right side and sway your body to right
3 4 step L to left side and sway your body to left
5678 Pop both knees for 4 times and raising R arm forward which hits the beats

BS3: TURN 1/8 L SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

1 2 Turn 1/8 L and rock R to R side, Recover to L (6:00)
3&4, Cross R over L, Step L to L side, Cross R over L
5 6 Rock L to L side, Recover to R
7&8 Cross L over R, Step R to R side, Cross L over R

BS4: STEP TOUCH DIAGONAL, STEP, HOLD

1 2 Step R back to the diagonal, touch L next to R
3 4 Step L back to the diagonal, touch R next to L

5 Step R to R side
678 HOLD and opening both arms upward

Have your fun!

Ping Chen: chenping660803@outlook.com

Last Update - 10th May 2017
