

No Stress Mama

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Brenda Shatto (USA) - October 2017
音乐: Mama (feat. William Singe) - Jonas Blue : (Single)



Note: No Tags Or Restarts. Makes a great floor split for Shane McKeever's dance No Stress.
Intro: 16 counts, 10 seconds, start on lyrics. Weight on left.

[1-8] R triple forward, rock L, recover R, step back L, touch R, back R, touch L

1&2 Forward R, L next to R heel, forward R (shuffle) [12:00]
3,4 Rock forward L, recover R
5,6,7,8 Step left back, touch right forward, step R back, touch L forward (option: bump on 6,8)

[9-16] Walk L,R, ¼ right step L side, R together, walk L,R, rock L, recover R

1,2 Walk forward L, R
3 Pivot ¼ right on R as you step L to left side (L foot steps sideways toward - 12:00),
4 Drag ball of R toward L and step on R [3:00]
5,6,7,8 Walk forward L, R, rock forward on L, recover back to R

[17-24] Step back L, R heel drag, rock back R, recover L, ½ turn left paddles x4

1,2,3,4 Large step back on L, drag R heel toward L, rock back R, recover L
5,6,7,8 Press R to right side and make ½ turn left to 1:30, repeat to 12:00, 10:30, and 9:00 for a total of ½ turn left (weight L) [9:00]

[25-32] R cross, L side, R coaster, L cross, R side, L coaster

1,2,3&4 Step R across L, L to left side, R back (slight diagonal), L next to R, R forward [10:00]
5,6,7&8 Step L across R, R to right side, cross L back (square up), R next to L, L forward [9:00]

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format.

Contact the choreographers with your questions.

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