# **Emotions**



拍数: 48 墙数: 2 级数: Intermediate

编舞者: Karl-Harry Winson (UK) - March 2019

音乐: Mama (feat. Ellie Goulding) - Clean Bandit



## Intro: 20 Counts from where Lyrics Start (begin on lyrics "I See My Body)

Right Samba Step. Cross.	1/8 turn Left. Back Ste	p. Coaster 1/8 Cross.	Left. Ball 1/4 Turn Left X3

1&2 Step Right forward crossing slightly over Left. Rock Left to Left side. Recover weight on

Right.

3&4 Cross Left over Right. Turn 1/8 turn Left stepping Right back. Step back on Left. (10.30)

Step Right back Turn 1/8 Left. Step Left beside Right. Step forward on Right slightly crossing 5&6

over Left. (9.00)

7&8 Turn 1/4 Left stepping Left forward (6.00). Step Right behind Left. Turn 1/4 Left stepping Left

forward (3.00)

&1 Step Right behind Left. Turn 1/4 Left stepping Left forward. (12.00)

\*Note: Counts 7 – 1 is a circular motion to the Left taking you round to the front Wall.

# Mambo 1/2 Turn Right. 1/2 Turn Right. Right Coaster Step. Side Rock. Cross-Side.

Rock Right forward. Recover weight on Left. Turn 1/2 Right stepping Right forward. (6.00) 2&3

4 Turn 1/2 Right stepping Left back (12.00).

5&6 Step Right back. Step Left beside Right. Step forward on Right.

7&8 Rock Left to Left side. Recover weight on Right. Cross Left over Right.

& Step Right to Right side.

#### Back Rock, Ball-Cross, Side, Sailor 1/4 Turn Right, Ball-Step, Pivot 1/2 Turn Left,

1 - 2Rock Left back behind Right. Recover weight on Right.

&3.4 Step Left beside Right. Cross Right over Left. Step Left to Left side.

5&6 Cross Right behind Left turning 1/4 Right. Step Left beside Right. Step Right forward. (3.00)

8,78 Step Left beside Right. Step forward on Right. Pivot 1/2 Turn Left. (9.00)

## 1/2 Left. Left Sweep. Behind-Side. Left Cross Shuffle. Side Rock Cross. 1/4 Turn Right X2. Close.

Turn 1/2 turn Left stepping Right back (sweeping Left from front to back). 1

2&3 Cross Left behind Right. Step Right to Right side. Cross Left over Right.

Step Right to Right side. Cross Left over Right. &4

5&6 Rock Right to Right side. Recover weight on Left. Cross step Right over Left.

7,8& Turn 1/4 Right stepping Left back. Turn 1/4 Right stepping Right to Right side. Close Left

beside Right. (9.00)

# Right Side. Ball-Change (In Place) Left Side. Ball-Change (In Place). 1/4 Turn Left. Ball-Change (In Place). Side. Right Coaster Step.

1,2& Step Right to Right side. Step Left beside Right. Step Right in place beside Left. (9.00) Step Left to Left side. Step Right beside Left. Step Left in place beside Right. (9.00)

3,4&

5,6& Turn 1/4 Left stepping Right to Right side. Close Left beside Right. Step Right in place beside

Left. (6.00)

7 Step Left to Left side.

8&1 Step Right back. Step Left beside Right. Step forward Right. (6.00)

## Full Chase Turn Right. Back Step. Back Rock. Ball-Step. Forward Step.

2&3 Step Left forward. Pivot 1/2 turn Right (12.00). Turn 1/2 Right stepping back on Left. (6.00)

4 Step back on Right.

5 - 6Rock back on Left. Recover forward on Right.

&7-8 Step Left beside Right. Step Right forward. Step forward on Left. (6.00)