

Mother

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Jung Hee Min (KOR) - April 2023
音乐: Mother - Meghan Trainor : (Clean)



Intro. 16counts (start on vocal mo "I'm your mother")

Sec 1. Walk, Walk, Cross, Back, Double Hip Bumps RL

1-2 Walk Forward R-L
3-4 Cross R over L, Step L back
5-6 Bump Hips to R×2 (R Hand waist. L Hand Shoulder Level, Palm Up)
7-8 Bump Hips to L×2 (L Hand waist. R Hand Shoulder Level, Palm Up)

Sec 2. Jazz ¼ Turn, Side R, Touch Side L, Side L, Touch Side R

1-2-3-4 Cross R over L, Step L back, ¼ Turn R stepping R Side, Cross L over R (3:00)
5-6 Step R to R side as you roll hip CCW, L Toe Touch to L side
(Brush R hand from L Shoulder to R Shoulder, Flick R hand beside to R Shoulder)
7-8 Step L to L side as you roll hip CW, R foot Toe Touch to R side
(Brush L hand from R Shoulder to L Shoulder, Flick L hand beside to L Shoulder)

* Styling Options (Only Wall 4, 7): After 4 Count of Section 2, Step Change 4 Counts (As described below)

5 Step R to R side as you roll hip CCW, Weight R(Brush R hand from L Shoulder to R Shoulder, Flick R hand beside to R Shoulder)
6 Hold, Index finger to mouth, Look front (In the lyrics of the song, "Sh")
7 Hold
8 Step Down L (R hand down)

Sec 3. Kick- Ball- Point ×2, Paddle Turn 1/8 × 2

1&2 Kick R forward, Step ball of R beside L, Point L to L side
3&4 Kick L forward, Step ball of LF beside R, Point R to R side
5-6 Step R forward, 1/8 Turn L with Hip Roll (1:30)
7-8 Step R forward, 1/8 Turn L with Hip Roll (12:00)

Sec 4. Pivot 1/2, Walk, Walk, Side R, Touch L, Side L, Touch R

1-2 Step R forward, Pivot 1/2 Turn L (6:00)
3-4 Walk Forward RL
5-6 1/8 Step R to R side(7:30), 1/8 Touch L beside R(6:00)
7-8 1/8 Step L to L side(4:30), 1/8 Touch R beside L(6:00)

Restart: After Count 24 on Wall 3, Wall 6(12:00)

Tag: After Wall 4, 16 Counts (6:00)

Sec 1. (Side, Side, 1/8 Side, 1/8 Side)×2

1-2 Step R to R side, Step L to L side
3-4 1/8 Turn L Step R to R Side(4:30), 1/8 Turn L Step L to L Side(3:00)
5-6 Repeat Count 1,2
7-8 Repeat Count 3(1:30),4(12:00)

Sec 2. (Side, Side, 1/8 Side, 1/8 Side)×2

1-2 Step R to R side, Step L to L side
3-4 1/8 Turn L Step R to R Side(10:30), 1/8 Turn L Step L to L Side(9:00)
5-6 Repeat Count 1,2
7-8 Repeat Count 3(7:30),4(6:00)

(Easy Styling for Arm : Stretch your R arm up and Move from right to left and bounce 16 times.Please check

my video ^^)

* Ending : Wall 9, After 16 Counts(3:00), Look to Front

Contact : Junghee Min mjh2540@naver.com / +821054699632

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