	拍数: 32	墙数: 4	级数: Improver	
编	舞者: Tommy G.	Parker (USA) - April 20	25	
	音乐: Take Your 或: Faith - Geo	Mama - Scissor Sisters orge Michael	; 	
	KE YOUR MAMA or RESTARTS	is a SLOW groovy tem	po. FAITH is a FASTER upbeat t	empo.
INTRO:	IR MAMA (full ler	ngth version) — 32 coui	nt starts on lyrics	
		edit version) — 16 cour		
		— organ music, the 8		
		/		
F4 01. /fa al.	40.00\ OO AOT			
	• ,	· · ·	orward (LRL) with ½ TURN right (
(RLR) with	1 ¹ / ₂ TURN right (fa	acing 12:00). SHUFFLE	leR (LFL) with 1/4 TURN right (fac	cing 3:00).
(RLR) with 1 & 2	1¹/₂ TURN right (fa (facing 12:0	acing 12:00). SHUFFLE 00 wall) RF step back [1	· · · ·	cing 3:00). - step forward [2].
(RLR) with 1 & 2 3 & 4	½ TURN right (fa (facing 12:0 Triple step 1 6:00 wall). RF step beł	acing 12:00). SHUFFLE 00 wall) RF step back [1 forward — leX[3] right[8	leR (LFL) with ¼ TURN right (fac], LF step back next to RF [&], RF] leX[4] — turning ½ turn over rig ight (now facing 9:00 wall). LF sto	5 step forward [2] . ht shoulder (now facing
(RLR) with	1¹/₂ TURN right (fa (facing 12:0 Triple step f 6:00 wall). RF step beh turn right (n	acing 12:00). SHUFFLE 00 wall) RF step back [1 forward — leX[3] right[8 nind LF [5] with ¼ turn r ow facing 12:00), RF st	leR (LFL) with ¼ TURN right (fac], LF step back next to RF [&], RF] leX[4] — turning ½ turn over rig ight (now facing 9:00 wall). LF sto	ting 3:00). step forward [2]. ht shoulder (now facing eps forward [&] with ¼
(RLR) with 1 & 2 3 & 4 5 & 6 7 & 8	1¹/₂ TURN right (fa (facing 12:0 Triple step 1 6:00 wall). RF step beh turn right (n Triple step I	acing 12:00). SHUFFLE 00 wall) RF step back [1 forward — leX[3] right[8 nind LF [5] with ¼ turn r ow facing 12:00), RF st leX — leX, [7] right[&] le	IER (LFL) with ¼ TURN right (fac], LF step back next to RF [&], RF 4] IEX[4] — turning ½ turn over rig ight (now facing 9:00 wall). LF sto eps next to LF [6]. eX[8] — turning ¼ turn right (now	Fing 3:00). Step forward [2]. The shoulder (now facing the shoulder [&] with 1/4 facing 3:00).
(RLR) with 1 & 2 3 & 4 5 & 6 7 & 8 [9-16]: (fac	1 ¹ / ₂ TURN right (fa (facing 12:0 Triple step 1 6:00 wall). RF step beh turn right (n Triple step I cing 3:00) RF STE	acing 12:00). SHUFFLE 00 wall) RF step back [1 forward — leX[3] right[8 nind LF [5] with ¼ turn r ow facing 12:00), RF st leX — leX, [7] right[&] le EP back with ¼ TURN ri	IER (LFL) with ¼ TURN right (fac], LF step back next to RF [&], RF 4] IEX[4] — turning ½ turn over rig ight (now facing 9:00 wall). LF ste eps next to LF [6]. eX[8] — turning ¼ turn right (now ght (facing 6:00), TAPPING L TC	 cing 3:00). step forward [2]. th shoulder (now facing eps forward [&] with ¼ facing 3:00). DE behind RF. SHUFFLE
(RLR) with 1 & 2 3 & 4 5 & 6 7 & 8 [9-16]: (fac leR (LRL)	1 ¹ / ₂ TURN right (fa (facing 12:0 Triple step f 6:00 wall). RF step beh turn right (n Triple step f cing 3:00) RF STE with ¹ / ₂ TURN leR	acing 12:00). SHUFFLE 00 wall) RF step back [1 forward — leX[3] right[8 nind LF [5] with ¼ turn r ow facing 12:00), RF st leX — leX, [7] right[&] le EP back with ¼ TURN ri (facing 12:00). RF STE	IER (LFL) with ¼ TURN right (fac], LF step back next to RF [&], RF 4] IEX[4] — turning ½ turn over rig ight (now facing 9:00 wall). LF sto eps next to LF [6]. eX[8] — turning ¼ turn right (now	 cing 3:00). step forward [2]. th shoulder (now facing eps forward [&] with ¼ facing 3:00). DE behind RF. SHUFFLE
(RLR) with 1 & 2 3 & 4 5 & 6 7 & 8 [9-16]: (fac leR (LRL) v with ¼ TUI	1 ¹ / ₂ TURN right (fa (facing 12:0 Triple step 1 6:00 wall). RF step beh turn right (n Triple step I cing 3:00) RF STE with 1/ ₂ TURN IeR RN IeR (facing 9:0	acing 12:00). SHUFFLE 10 wall) RF step back [1 forward — leX[3] right[8 hind LF [5] with ¼ turn r ow facing 12:00), RF st leX — leX, [7] right[&] le EP back with ¼ TURN ri (facing 12:00). RF STE 00).	IER (LFL) with ¼ TURN right (fac], LF step back next to RF [&], RF 4] IEX[4] — turning ½ turn over rig ight (now facing 9:00 wall). LF ste eps next to LF [6]. eX[8] — turning ¼ turn right (now ght (facing 6:00), TAPPING L TC	 bing 3:00). step forward [2]. ht shoulder (now facing eps forward [&] with ¼ facing 3:00). behind RF. SHUFFLE RF. SHUFFLE leR (LRL)
(RLR) with 1 & 2 3 & 4 5 & 6 7 & 8 [9-16]: (fac leR (LRL) y with ¼ TUI 1, 2	1 ¹ / ₂ TURN right (fa (facing 12:0 Triple step 1 6:00 wall). RF step bel turn right (n Triple step 1 Sing 3:00) RF STE with ¹ / ₂ TURN leR RN leR (facing 9:0 (facing 3:00)	acing 12:00). SHUFFLE 00 wall) RF step back [1 forward — leX[3] right[8 hind LF [5] with ¼ turn r ow facing 12:00), RF st leX — leX, [7] right[&] le EP back with ¼ TURN ri (facing 12:00). RF STE 00). I) RF step back [1] with	IER (LFL) with ¼ TURN right (fac], LF step back next to RF [&], RF 4] IEX[4] — turning ½ turn over rig ight (now facing 9:00 wall). LF ste eps next to LF [6]. eX[8] — turning ¼ turn right (now ght (facing 6:00), TAPPING L TO Pright, TAPPING L TOE behind	 bing 3:00). step forward [2]. ht shoulder (now facing eps forward [&] with ¼ facing 3:00). behind RF. SHUFFLE RF. SHUFFLE leR (LRL) p leX toe behind RF [2].
(RLR) with 1 & 2 3 & 4 5 & 6 7 & 8 [9-16]: (fac leR (LRL)	 1/2 TURN right (fa (facing 12:0) Triple step f 6:00 wall). RF step bel turn right (n Triple step I 2:00) RF STE with ½ TURN leR RN leR (facing 9:0) (facing 3:00) Triple step I 12:00). 	acing 12:00). SHUFFLE 00 wall) RF step back [1 forward — leX[3] right[8 hind LF [5] with ¼ turn r ow facing 12:00), RF st leX — leX, [7] right[&] le EP back with ¼ TURN ri (facing 12:00). RF STE 00). I) RF step back [1] with	IER (LFL) with ¼ TURN right (fac], LF step back next to RF [&], RF] IEX[4] — turning ½ turn over rig ight (now facing 9:00 wall). LF ste eps next to LF [6]. eX[8] — turning ¼ turn right (now ght (facing 6:00), TAPPING L TO Pright, TAPPING L TOE behind ¼ turn right (now facing 6:00), ta {[4] — turning ½ turn over IeX sho	 bing 3:00). step forward [2]. ht shoulder (now facing eps forward [&] with ¼ facing 3:00). behind RF. SHUFFLE RF. SHUFFLE leR (LRL) p leX toe behind RF [2].

[17-24]: (facing 9:00) RF MAMBO forward & back. SHUFFLE (LRL) with ½ TURN leR (facing 3:00). SHUFFLE (RLR) with ½ TURN leR (facing 9:00). COASTER (LRL).

- 1 & 2 (facing 9:00) RF step forward [1], shiX weight back onto LF [&], RF return next to LF [2].
 3 & 4 Triple step back leX[3] right[&] leX[4] turning ½ turn over leX shoulder (now facing 3:00).
- 5 & 6 Triple step forward right[5] leX[&] right[6] turning ½ turn leX (now facing 9:00)
- 7 & 8 LF step back [7], RF step back next to LF [&], LF step forward [8].

[25-32]: (facing 9:00) TOUCH R TOE forward and ROLL right HIP in a CIRCULAR MOTION (clockwise) while PIVOTING ¼ turn on LF (facing 6:00). REPEAT (facing 3:00). REPEAT (facing 12:00). REPEAT (facing 9:00)

- 1, 2 (facing 9:00) Keeping weight on LF, touch RF toe forward [1] while rolling right hip up and outward making one full "belly dance" circle (clockwise). Roll right hip again [2], pivo`ng ¼ turn leX (now facing 6:00).
- 3, 4 Repeat [3], [4] (now facing 3:00).
- 5, 6 Repeat [5], [6] (now facing 12:00).
- 7, 8 Repeat [7], [8] (now facing 9:00).

START AGAIN, now facing 9:00 wall.