

Mamma Beklager

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Helene Pedersen (NOR) - May 2025
音乐: Beklager (Guttaklubben) - Ballinciaga & Kris Winther : (Guttaklubben)



Intro: Start on count 3 on Vocals Tag: After wall 1 (4 counts)

S1: [1-8] STEP HITCH X2, ¼ STEP R, SWAY L+R, SWAY L WITH KICK FW

1-4 RF step R (1), L Knee hitch (2), LF step L (3), R Knee hitch (4)

Arms: R hand up (1), R hand clap L knee (2), L hand up (3), L hand clap R knee (4)

5-6 Turn ¼ R and step RF to R (5), Step LF to L with hip sway L (6),

7-8 Sway R hip R (7), Sway L hip L while kicking RF forward

S2: [9-16] SAILOR STEP X2, LOCK RF BEHIND LF WITH HOOK, ¼ STEP L, FULL TURN L

1&2 Cross R behind L (1), Step L next to R (&), Step R next to L (2)

3&4 Cross L behind R (3), Step R next to L (&), Step L next to R (4)

5-6 Lock RF behind LF while you hook LF, Turn ¼ L and step LF forward

7-8 Turn ½ L and step RF back, Turn ½ L and step LF forward

S3: [17-24] JUMP R X4 WITH ARM PUNCHS, OUT-OUT, IN-IN

1-4 Jump both feet slightly to the right four times (1-4)

Arms: Punch right fist up and down four times (1&2&3&4&)

5-6 Step RF forward R (5), Step LF forward L (6),

7-8 Step RF back (7), Step LF next to RF (8)

S4: [25-32] JAZZBOX ¼ R WITH CROSS, OUT-OUT, JUMP BACK, HOLD

1-4 RF cross over LF (1), Turn ¼ R and step LF back (2), RF step R (3), LF cross over RF (4)

5-6 Step RF forward R (5), Step LF forward L (6)

7-8 Jump both feet backwards with weigh on LF (7), hold (8)

Arms: Rise R arm with palm up to shoulder height (5), Rise L arm with palm up to shoulder height (6), Rise both arms/shoulders further up (7), Lower the arms (8)

Tag

[1-4] STOMP X2, HOLD X2

1-4 Stomp RF to R (1), Stomp LF to L (2), Hold (3), Hold (4)

Arms: Rise right fist while holding left fist on right arms elbow (2), Lower right arm (3), Lower left arm (4)

Ending: Turn to the front wall with arms crossed (after wall 9)

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