

Bring It To Mama

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate / Advanced
编舞者: Cody Flowers (USA) & Scott Blevins (USA) - May 2025
音乐: Bring It To Mama (feat. Galactic) - Boyfriend : (Single)



Intro: 16 counts

Sequence: A - B - Tag 1 - A - B - Tag 1- B - Tag 2 - B - B - B

Pattern A: 64c

[1 - 8] BACK, BODY ROLL DOWN, TRIPLE FORWARD, FORWARD, 1/2 TOUCH, 1/2 BACK, 1/4 SIDE

- 1-2 1) Step R back; 2) Roll body down into a sit lifting L knee up
- 3&4 (3&4) Triple forward L-R-L
- 5-6 5) Step R forward; 6) Turn 1/2 left pointing L forward [6:00]
- 7-8 7) Turn 1/2 right stepping L back; 8) Turn 1/4 right stepping R to right [3:00]

[9 -16] CROSS, SIDE, 1/4 SAILOR, FORWARD, 1/2 POINT, HOLD, CROSS

- 1-2 1) Step L across R; 2) Step R to right
- 3&4 (3&4) Turn 1/4 left as you sailor step L-R-L [12:00]
- 5-6 5) Step R forward; 6) Turn 1/2 right on R pointing L to left [6:00]
- 7-8 7) Hold; 8) Step L across R

[17-32] Repeat Steps 1-16 finish facing [12:00]

[33-40] VINE w/SHIMMY, POINT, 1/4 FORWARD, 1/2 BACK, 1/4 SIDE, TOGETHER, ANGLE

- 1,2,3,4 1) Step R to right; 2) Step L behind R; 3) Step R to right; 4) Point L to left; Note: Shimmy shoulders on counts 1-3.
- 5-6 5) Turn 1/4 left stepping L forward; 6) Turn 1/2 left stepping R back [3:00]
- 7&8 7) Turn 1/4 left stepping L to left; 8) Step R beside L; 8) Step L to left angling body toward 11 o'clock [11:00]

[41-48] ROCK, RECOVER, ROCK, RECOVER, CROSS, BACK, SIDE, CROSS, ROCK

- 1,2,3,4 1) Rock R forward pushing hip forward; 2) Recover to L pushing hips back; 3-4) Repeat 1-2 [11:00]
- 5&6 5) Step R across L; 6) Step L back squaring up to 12 o'clock; 6) Step R to right [12:00]
- 7-8 7) Step L across R; 8) Rock R to right

[49-56] VINE w/SHIMMY, POINT, 1/4 FORWARD, 1/2 BACK, 1/4 SIDE, TOGETHER, ANGLE

- 1,2,3,4 1) Step L to left; 2) Step R behind L; 3) Step L to left; 4) Point R to right; Note: Shimmy shoulders on counts 1-3.
- 5-6 5) Turn 1/4 right stepping R forward; 6) Turn 1/2 right stepping L back [9:00]
- 7&8 7) Turn 1/4 right stepping R to right; 8) Step L beside R; 8) Step R to right angling body toward 1 o'clock [1:00]

[57-64] CROSS, BACK, SIDE, TOGETHER, 1/4 FORWARD, STEP, 1/2 PIVOT, 1/4 SIDE, TOGETHER

- 1-2 1) Step L across R; 2) Step R back squaring up to 12 o'clock [12:00]
- 3&4 3) Step L to left; 4) Step R beside L; 4) Turn 1/4 left stepping L forward [9:00]
- 5-6 5) Step R forward; 6) Turn 1/2 left taking weight forward on L [3:00]
- 7-8 7) Turn 1/4 left taking a large step R to right; 8) Step L beside R [12:00]

Pattern B: 32c

[1 - 8] CROSS, SIDE ROCK, RECOVER, CROSS, 1/4 FORWARD, MAMBO, 1/4 SIDE, HITCH

- 1-2&3 1) Step R across L; 2) Rock L to left; 3) Recover to R; 3) Step L across R

4-5&6 4) Turn 1/4 right stepping R forward; 5) Rock L forward; &) Recover to R; 6) Step L back [3:00]

7-8 7) Turn 1/4 right stepping R to right; 8) Hitch L beside R [6:00]

[9 -16] 1/4 FORWARD, 1/2 BACK, TRIPLE BACK, BALL, STEP, FORWARD, FORWARD, HITCH

1-2 1) Turn 1/4 left stepping L forward; 2) Turn 1/2 left stepping R back [9:00]

3&4 (3&4) Triple back L-R-L using tiny steps

&5-6 (&) Step ball of R beside L; 5) Step L forward; 6) Step R forward

7-8 7) Step L forward; 8) Bring R knee up as you start to cross R over L

[17-24] CROSS, SIDE, SAILOR, CROSS, SIDE, SAILOR

1,2,3&4 1) Cross R over L; 2) Step L to left; 3&4) Sailor step R-L-R

5,6,7&8 5) Cross L over R; 6) Step R to right; 7&8) Sailor step L-R-L

[25-32] CROSS, 3/4 UNWIND, STEP, 1/4 PIVOT, STEP 1/4 PIVOT

1,2,3,4 1) Cross R over L; 2,3,4) Slowly unwind 3/4 left (anti-clockwise) taking weight on L [12:00]

5-6 5) Step R forward; 6) Turn 1/4 left taking weight on L

7-8 7) Step R forward; 8) Turn 1/4 left taking weight on L [6:00]

Tag 1:

[1 - 8] CROSS, SIDE, BEHIND, SIDE, 1/4 ROCK, 1/4 RECOVER, 1/4 ROCK, 1/4 RECOVER

1,2,3,4 1) Step R across L; 2) Step L to left; 3) Step R behind L; 4) Step L to left

5-6 5) Turn 1/4 left rocking R to right; 6) Turn 1/4 left recovering to L [12:00]

7-8 7) Turn 1/4 left rocking R to right; 8) Turn 1/4 left recovering to L [6:00]

[9 -16] SIDE, BEHIND, SIDE, CROSS, SIDE HIP, HIP, HIP, HIP

1,2,3,4 1) Step R to right; 2) Step L behind R; 3) Step R to right; 4) Step L across R

5,6,7,8 5) Step R to right pushing hips right; 6) Keeping feet shoulder width apart push hips left; 7) Push hips right; 8) Push hips left

Tag 2:

[1 - 4] OUT, OUT, HOLD, BODY ROLL

&1-2 &) Step R out to right and slightly back; 1) Step L out to left and slightly back; 2) Hold

3-4 3- 4) Body roll from top to bottom ending with weight on L