

Alright Mama

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Pat Stott (UK)
音乐: That's Alright - Vince Gill



CROSS, SNAP, BACK, SNAP, SIDE, ROCK, FORWARD TWICE

1&2& Cross right over left, snap fingers, back on left, snap fingers
3&4 Rock right to right, rock in place on left, step forward on right
5-8 Repeat steps 1-4 commencing with left foot

FORWARD ROCK, BACK ROCK, ¾ TURN

9&10& Rock forward on right, replace weight on left, rock back on right, replace weight forward on left
11&12 Turning ¾ to right overall -turn ¼ to right and step forward on right, turn ¼ to right and step to the side on ball of left foot, turn ¼ to right and transfer weight forward onto right foot

FORWARD, ROCK, SIDE, ROCK, BACK, ROCK, STEP TO SIDE

13& Rock forward on left foot, recover onto right
14& Rock left to left side, recover onto right
15& Rock back onto left foot, recover onto right
16 Step left foot to side

HEEL BOUNCES, PIVOT ½, PIVOT ¼ SWIVEL HEELS

17-18 Bend knees slightly to raise heels and turn 1/8 to right and then lower heels, raise heels and turn 1/8 to right and lower heels
19&203 Heel bounces to left turning ½ to left overall
21-22 Step forward on right, pivot ½ to left (transfer weight forward onto left)
23&24 Step forward on right, turning ¼ to left swivel both heels to the right, straighten up as you complete the turn

TOE, HEEL, STEP,, SHUFFLE FORWARD, MAMBO ROCK

25&26 With knee turned in - tap right toe next to left, with knee turned out - tap right heel next to left, step forward on right
27&28 Shuffle forward - left, right, left
29&30 Rock forward on right, recover on left, close right to left

LOCK STEP BACK, ½ TURN RIGHT, LOCK STEP FORWARD, MAMBO ROCK

31&32 Step back on left, cross right foot over left, step back on left
& Weight on left pivot ½ to right hooking right foot in front of left leg
33&34 Forward on right, lock left behind right, forward on right
35&36 Rock forward on left, recover onto right, close left to right

SWIVETS

37& With weight on heel of left and ball of right - turn both toes to left, straighten up
38& With weight on heel of right and ball of left - turn both toes to right, straighten up
39& With weight on heel of left and ball of right - turn both toes to left, straighten up
40& With weight on heel of right and ball of left - turn both toes to right, straighten up

REPEAT