

Mama Don't Dance

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: High Beg. - Low Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音乐: Your Mama Don't Dance - Loggins & Messina : (Various Albums)



This can either be danced as a high beginner or low intermediate dance; please refer to variations

SET 1 - SIDE TOE STRUTS TO RIGHT SIDE; SIDE ROCK, RECOVER, CROSS, HOLD

1-4 Touch R toe to R side, step down on R heel, cross step L toe over R, step L heel down
5-8 Rock R to R side, recover on L, cross R over L, hold

SET 2 - SIDE TOE STRUTS TO LEFT SIDE; SIDE ROCK, RECOVER, CROSS, HOLD

1-4 Touch L toe to L side, step down on L heel, cross step R toe over L, step R heel down
5-8 Rock L to L side, recover on R, cross L over R, hold

SET 3 - SIDE MAMBO TO RIGHT, SIDE MAMBO TO LEFT

1-4 Rock R to R side, recover on L, step R next to L, hold
5-8 Rock L to L side, recover on R, step L next to R, hold

*(Step variations for Set 3: ½ Turn Monterey 2X; Step Forward, ½ Turn, Hold; Step Forward, ½ Turn, Hold

1-2 Touch R toe to R side, pivot on ball of L and turn ½ turn R as you swing R around and step R next to L with weight on R
3-4 Touch L toe to L side, step L next to R (weight on L)
5-8 Repeat steps 1-4 above)

SET 4 - MAMBOFORWARD, MAMBO BACK

1-4 Rock forward on R, recover back on L, step R next to L, hold
5-8 Rock back on L, recover forward on R, step L next to R, hold

*(Step variations for Set 4: Step Forward, ½ Turn Left, Step Forward, Hold; Step Forward, ½ Turn Right, Step Forward, Hold

1-4 Step forward on R, turn ½ turn L transferring weight to L, step forward on R, hold (weight on R)
5-8 Step forward on L, turn ½ turn R transferring weight to R, step forward on L, hold (weight on L)

SET 5 - DIAGONAL STEPS FORWARD WITH HOLDS; STEPS BACK WITH HOLDS

1-4 Step forward on R at R diagonal, hold; step forward on L at L diagonal, hold (for styling, raise arms and swing them R and L snapping fingers on hold counts 2 & 4)
5-8 Step back on R, hold; step back on L next to R, hold (for styling, lower arms swinging them R and L, snapping fingers on hold counts 6 & 8)

SET 6 - STEP FORWARD, HOLD, ¼ TURN LEFT, HOLD, JAZZ BOX

1-4 Step forward on R, hold; turn ¼ turn L, hold (weight on L)
5-8 Jazz box stepping R over L, step back on L, step R to R side, step L next to R

Start Again!