# **Emotions**



拍數: 48 牆數: 2 級數: Intermediate

編舞者: Karl-Harry Winson (UK) - March 2019 音樂: Mama (feat. Ellie Goulding) - Clean Bandit



## Intro: 20 Counts from where Lyrics Start (begin on lyrics "I See My Body)

Right Samba Step. Cross. 1/8 turn Left. Back Step. Coaster 1/8 Cross. Left. Ball 1/4 Turn Left X3		
1&2	Step Right forward crossing slightly over Left. Rock Left to Left side. Recover weight on Right.	
3&4	Cross Left over Right. Turn 1/8 turn Left stepping Right back. Step back on Left. (10.30)	
5&6	Step Right back Turn 1/8 Left. Step Left beside Right. Step forward on Right slightly crossing over Left. (9.00)	
7&8	Turn 1/4 Left stepping Left forward (6.00). Step Right behind Left. Turn 1/4 Left stepping Left forward (3.00)	

&1 Step Right behind Left. Turn 1/4 Left stepping Left forward. (12.00) \*Note: Counts 7 – 1 is a circular motion to the Left taking you round to the front Wall.

# Mambo 1/2 Turn Right. 1/2 Turn Right. Right Coaster Step. Side Rock. Cross-Side.

2&3	Rock Right forward. Recover weight on Left. Turn 1/2 Right stepping Right forward. (6.00)
4	Turn 1/2 Right stepping Left back (12.00).
5&6	Step Right back. Step Left beside Right. Step forward on Right.
7&8	Rock Left to Left side. Recover weight on Right. Cross Left over Right.
&	Step Right to Right side.

# Back Rock. Ball-Cross. Side. Sailor 1/4 Turn Right. Ball-Step. Pivot 1/2 Turn Left.

1 – 2	Rock Left back behind Right. Recover weight on Right.
&3,4	Step Left beside Right. Cross Right over Left. Step Left to Left side.
5&6	Cross Right behind Left turning 1/4 Right. Step Left beside Right. Step Right forward. (3.00)
&7,8	Step Left beside Right. Step forward on Right. Pivot 1/2 Turn Left. (9.00)

#### 1/2 Left, Left Sweep, Behind-Side, Left Cross Shuffle, Side Rock Cross, 1/4 Turn Right X2, Close,

I/E EOIG EOIG OV	roop. Borning Clac. Lott Groco Granic. Clac recor. 17 1 rain ragit AL. Gloco.
1	Turn 1/2 turn Left stepping Right back (sweeping Left from front to back).
2&3	Cross Left behind Right. Step Right to Right side. Cross Left over Right.
&4	Step Right to Right side. Cross Left over Right.
5&6	Rock Right to Right side. Recover weight on Left. Cross step Right over Left.
7,8&	Turn 1/4 Right stepping Left back. Turn 1/4 Right stepping Right to Right side. Close Left beside Right. (9.00)

# Right Side. Ball-Change (In Place) Left Side. Ball-Change (In Place). 1/4 Turn Left. Ball-Change (In Place). Side. Right Coaster Step.

1,2&	Step Right to Right side. Step Left beside Right. Step Right in place beside Left. (9.00)
3,4&	Step Left to Left side. Step Right beside Left. Step Left in place beside Right. (9.00)
5,6&	Turn 1/4 Left stepping Right to Right side. Close Left beside Right. Step Right in place beside
	Left. (6.00)
7	Step Left to Left side.
8&1	Step Right back. Step Left beside Right. Step forward Right. (6.00)

## Full Chase Turn Right. Back Step. Back Rock. Ball-Step. Forward Step.

2&3	Step Left forward. Pivot 1/2 turn Right (12.00). Turn 1/2 Right stepping back on Left. (6.00)
4	Step back on Right.
5 – 6	Rock back on Left. Recover forward on Right.

&7-8 Step Left beside Right. Step Right forward. Step forward on Left. (6.00)