

Love Our Mama

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: EWS Winson (MY) & Adeline Cheng (MY) - August 2019
音樂: Number One For Me - Maher Zain



Intro: 32 counts in (approx. 21 sec)

#1 (1-8) R Cross, L Side, R Sailor Heel, R Ball, L Cross, ¼ (L) with R Back, ¼ (L) with L Side Chasse

1-2 Weight on LF: Cross RF over LF (1), step LF to L side (2) 12.00
3&4& Cross RF behind LF (3), step LF to L side (&), touch R heel diagonally to R side (4), close RF next to LF (&) 12.00
5-6 Cross LF over RF (5), turn ¼ L stepping RF back (6) 9.00
7&8 Turn ¼ L stepping LF to L side (7), close RF next to LF (&), step LF to L side (8) 6.00

#2 (9-16) R Cross Rock & Recover, R Chasse ¼ (R), L Pivot ½ (R), L Forward Shuffle

1-2 Cross rock RF over LF (1), recover weight on LF (2) 6.00
3&4 Step RF to R side (3), close LF next to RF (&), turn ¼ R stepping RF forward (4) 9.00
5-6 Step LF forward (5), turn ½ R over R shoulder (6) 3.00
7&8 Step LF forward (7), close RF next to LF (&), step LF forward (8) *** 3.00

Restart here on Wall 3, facing 9.00 o'clock.

#3 (17-24) R Forward Rock & Recover, R Coaster Step, L Forward Rock & Recover, L Shuffle ½ (L)

1-2 Rock RF forward (1), recover weight on LF (2) 3.00
3&4 Step RF back (3), close LF next to RF (&), step RF forward (4) 3.00
5-6 Rock LF forward (5), recover weight on RF (6) 3.00
7&8 Turn ¼ L stepping LF to L side (7), close RF next to LF (&), turn ¼ L stepping LF forward (8) 9.00

#4 (25-32) R Forward Rock & Recover with R Sweep, R Sailor Cross, L-R Hip Sways, L Side Chasse

1-2 Rock RF forward (1), recover weight on LF sweeping RF from front to back (2) 9.00
3&4 Cross RF behind LF (3), step LF to L side (&), cross RF over LF (4) 9.00
5-6 Step LF to L side swaying hips to L side (5), sway hips to R side (6) 9.00
7&8 Step LF to L side (7), close RF next to LF (&), step LF to L side (8) 9.00

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