

Mamas

拍數: 32 牆數: 2 級數: Improver
編舞者: Paolo Bernasconi (CH) - October 2022
音樂: Mamas (feat. Hillary Scott) - Anne Wilson



Intro : 23 sec, start on Lyrics

[1-8] KICK R, STEP BACK, KICK L, STEP BACK, FLICK R, STOMP, R HEEL FAN, HEELS SWIVEL

- 1-2 kick R fwd, step R back [12.00]
- 3-4 kick L fwd, step L back
- 5-6 kick R back, stomp R fwd
- 7-8 swivel R toe out, swivel both heels left (¼ turn to right) [3.00]

[9-16] PART RUMBA BOX BACK, ¼ PIVOT, PART RUMBA BOX RIGHT, SCUFF

- 1-2 L to left, R next to L
- 3-4 step L back, ¼ turn to right on L and flick R [6.00]
- 5-6 step R to right, step L next to R
- 7-8 step R fwd, scuff L next to R

Restart here during 5th and 11th repetition

[17-24] JUMP, ROCK BACK, STOMP R X 2, HEELS TWIST, PIVOT, SIDE

- 1-2 jump L fwd and touch R next to L, jump R back and kick L fwd
- 3-4 jump back on L and stomp R next to L, stomp R fwd
- 5-6 swivel both heels to right, swivel both heels back to left (final weight on left)
- 7-8 ½ pivot on L to the right, step R to side [12.00]

[25-32] CROSS, SIDE ROCK CROSS, ROCK STEP, ½ PIVOT, STOMP UP

- 1-2 cross L over R, step R to right
- 3-4 weight back on L, step R fwd
- 5-6 step L fwd, weight back on R with ½ turn to the left [6.00]
- 7-8 step L in place, stop R up beside L

Repeat

Restart: During 5th and 11th repetition, after 16 counts

TAG 1 (4 counts) at the end of 2nd repetition

[1-4] TOE STRUTS R & L

TAG 2 (8 counts) at the end of 12th repetition

[1-8] TOE STRUTS R & L, HEEL TOUCHES R & L