

Sweet Mama Seniorita

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Absolute Beginner
編舞者: Helaine Norman (USA) - April 2023
音樂: Hey Señorita - The Koi Boys



Intro: On 3rd syllable of word Seniorita "ri"
No tags/restarts

I. SIDE, HOLD, BACK-ROCK, RECOVER; SIDE, HOLD, BACK-ROCK, RECOVER

1-2 Step R side, hold
3-4 Rock L back, recover to R
5-6 Step L side, hold
7-8 Rock R back, recover to L

II. SHUFFLE, HOLD; SHUFFLE, HOLD

1-4 Step R forward, step L together, step forward, hold
5-8 Step L forward, step R together, step L forward, hold

Optional for counts 4 & 8: Touch together or hold

III. BACK, TOUCH X4

1-2 Step R back diagonally, touch L together
3-4 Step L back diagonally, touch R together
5-6 Step R back diagonally, touch L together
7-8 Step L back diagonally, touch R together

Optional for III: Slow toe struts back X

IV. SIDE, TOGETHER, SIDE, HOLD; SIDE, TOGETHER, SIDE, HOLD

1-4 Step R side, step L together, step R side, hold
5-8 Step L side, step R together, step L side, hold

Optional for 4 & 8: Touch together instead of hold

V. K-STEP WITH BRUSH

1-2 Step R forward diagonally, touch L together
3-4 Return L center, touch R together
5-6 Step R back diagonally, touch L together
7-8 Return L center, brush R forward

VI. SLOW PIVOT ¼ L TURN X2

1-4 Step R forward making ¼ turn left, hold, step on L, hold (9:00)
5-8 Step R forward making ¼ turn left, hold, step on L, hold (6:00)

Optional for 1-8: Walk 4 slow steps counter clockwise to 6:00

REPEAT

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