I Am Your Mother

級數: Improver

編舞者: Jackie Nuzzo (USA) - April 2023

音樂: Mother - Meghan Trainor

WALK FWD, TOUCH, WALK BACK, TOUCH

- 1-2 Walk forward R, L
- 3-4 Walk forward R, Touch L out to side
- 5-6 Walk back L, R

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7-8 Walk back L, Touch R next to L

STEP, TOUCHES, WALK FWD, KICK 2X

- 1-2 Step R to side, touch L next to R
- 3-4 Step L to side, touch R next to L
- 5-6 Walk forward R, L
- 7-8 Kick R foot forward twice

SHUFFLE, ROCK-RECOVER, SHUFFLE, SAILOR 1/4 TURN RIGHT

- 1&2 Shuffle R, L, R to the side
- 3-4 Rock back on the L, recover on the R
- 5&6 Shuffle L, R, L to the side
- 7&8 Do a sailor step 1/4 turn right

WEAVE, KICK BALL CROSS, UNWIND 1/2 TURN LEFT

- 1-2 Cross L over R, step R to side
- 3-4 Cross L behind R, step R to side
- 5&6 Kick L, quick step on L, cross R over L
- 7-8 Unwind a half turn to the left (weight ends on L)

RESTARTS The 3rd time through the dance you will start over after 24 cts. You will be doing the sailor 1/4 turn, but will need to end it with a touch just this one time so your right foot will be free to start over. The 7th time through, restart after the first 8 counts - you will be facing the front wall.





牆數:4