

My Mama

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Kayla Cosgrove (USA) - May 2025
音樂: Got It from My Mama - Dani Rose



S1. WALK WALK SHUFFLE RIGHT, STEP ¼ CROSS, ¼, LEFT ¼ LEFT

1,2 Walk fwd R (1) L (2)
3&4 Step R fwd (3) Step L together (&) Step R fwd (4)
5&6 Step L fwd (5) ¼ R shifting weight to R (&) Cross L over R (6) (3 o'clock)
7,8 ¼ L stepping back on R (7) ¼ L stepping L to L (8) (9 o'clock)

S2. CROSS ROCK SIDE, CROSS ROCK SIDE, CHASE ¼ L, SAILOR FORWARD

1&2 Cross R over L (1) Recover L (&) Step R to R (2)
3&4 Cross L over R (3) Recover R (&) Step L to L (4)
5&6 Step R fwd (5) Turn ½ L weight to L (&) ¼ L stepping R to R (6) (12 o'clock)
7&8 Step L behind R (7) Step R to R (&) Step L fwd (8)

****Restart here wall 4, 6, & 9**

S3. MAMBO FORWARD, ROCK RECOVER CROSS, ¼ L SHUFFLE ½ L SHUFFLE

1&2 Rock R fwd (1) Recover L (&) Step R slightly back(2)
3&4 Rock L to L (3) Recover to R (&) Cross L over R (4)
5&6 Step R to R (5) ⅛ L stepping L to R (&) Step R ⅛ L back (6) (9 o'clock)
7&8 Step L ¼ L (7) Step R to L (&) ¼ L stepping L fwd (3 o'clock)

Optional Arms: On the chorus bring hands in a heart shape to chest on 1&2, place heart hands in front of left shoulder/bicep area on 3&4

S4. SHUFFLE FORWARD, ROCK RECOVER, FULL TURN OR WALK, COASTER STEP

1&2 Step R fwd (1) Step L together (&) Step R fwd (2)
3,4 Rock fwd L (3) Recover R (4)
5,6 ½ L stepping fwd on L (5) , ½ L stepping back on R (6)
7&8 Step L back (7) Step R together (&) Step L fwd (8)

**TAG-START HERE: Wall (1) facing 3 o'clock - Dance up to the rock recover on 3,4
Step L together (&) Walk fwd on R (1) to start the dance again**

Dedication: To my mom, who was always in my corner and my biggest fan.

Thank you for all the wonderful years you gave me and for dedicating your life to what you loved most ... your family. <3

Patricia A. Cosgrove
[03.25.1961 - 05.28.2025]