

Yo Mama

拍數: 64 牆數: 2 級數: Improver two step
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音樂: Shortenin' Bread - The Tractors



HIP BUMPS

1-2 Bump hips right twice
3-4 Bump hips left twice
5 Bump hips right
6 Bump hips left
7-8 Repeat counts 5-6

TOUCH CROSSES

9 Touch right foot to the right
10 Cross right foot in front of left and step
11 Touch left foot to the left
12 Cross left foot in front of right and step
13-16 Repeat counts 9-12

RIGHT KICK-BALL CHANGE, VINE RIGHT AND CLAP HANDS

17 Kick right foot forward
& Step on ball of right foot
18 Change weight to left foot
19&20 Repeat counts 17&18
21 Step to the right on right foot
22 Cross left foot behind right and step
23 Step to the right on right foot
24 Touch left foot next to right and clap hands

VINE LEFT, MILITARY PIVOT ½ TO THE LEFT, STOMP, STOMP

25 Step to the left on left foot
26 Cross right foot behind left and step
27 Step to the left on left foot
28 Touch right foot next to left
29 Step forward on right foot while making a ½ turn to the left
30 Shift weight to left foot
31 Stomp right next to left foot
32 Stomp left next to right foot

RIGHT FAN, RAMBLE RIGHT

33 Fan right toes to the right
34 Fan right toes center
35-36 Repeat counts 33, 34
37 Swivel both heels right
38 Swivel both toes center
39 Swivel both heels right
40 Swivel both toes center

LEFT FAN, RAMBLE LEFT

41 Fan left toes left
42 Fan left toes center

- 43-44 Repeat counts 41-42
- 45 Swivel both heels left
- 46 Swivel both toes center
- 47 Swivel both heels left
- 48 Swivel both toes center

FORWARD SHUFFLES, MILITARY PIVOT ½ TO THE LEFT, FORWARD SHUFFLE

- 49&50 Forward shuffle (right, left, right)
- 51&52 Forward shuffle (left, right, left)
- 53 Step forward on right foot while making a ½ turn to the left
- 54 Shift weight to left foot
- 55&56 Forward shuffle(right, left, right)

FORWARD SHUFFLE, MILITARY PIVOT ¼ TO THE LEFT

- 57&58 Forward shuffle (left, right, left)
- 59 Step forward on right foot while making a ¼ turn to the left
- 60 Shift weight to left foot
- 61-62 Repeat counts 59-60
- 63 Stomp right next to left foot
- 64 Stomp left next to right foot

REPEAT
