You're Mama Don't Dance



拍數: 48 牆數: 1 級數: Improver

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音樂: Your Mama Don't Dance - Poison



Start dancing with the vocal

KICK X2, COASTER STEP, KICK X2, COASTER STEP

1-2 Kick right forward across left, kick right to side

3&4 Step right backward, step left together (&), step right forward

5-6 Kick left forward across right, kick left to side

7&8 Step left backward, step right together (&), step left forward

Repeat that part one more time

CROSS ROCK L, SIDE SHUFFLE R, CROSS ROCK R, SIDE SHUFFLE L

1-2 Cross right over left, recover weight on left

3&4 Step right to side, slide left together (&), step right to side

5-6 Cross left over right, recover weight on right

7&8 Step left to side, slide right together (&), step left to side

Repeat that part one more time

CROSS ROCK L, SIDE SHUFFLE R, SHUFFLE WITH ½ TURN R, CROSS ROCK

1-2 Cross right over left, recover weight on left

3&4 Step right to side, slide left together (&), step right to side

5&6 Start turning ½ turn right while step left to side, slide right together (&), step left to side (facing

backward)

7-8 Cross right behind left, recover weight on left

Repeat that part one more time to be facing back the original wall

TAG: 48 counts:-

When the dance is been danced 4 times the music rhythm will change.

STEP, KICK, STEP KICK, COASTER STEP, TOUCH L

1-2 Side step right, kick left across right3-4 Side step left, kick right across left

5-6-7 Step right backward, step left together, step right forward

8 Touch left beside right

STEP, KICK, STEP, KICK, COASTER STEP, TOUCH R

1-2 Side step left, kick right across left3-4 Side step right, kick left across right

5-6-7 Step left backward, step right together, step left forward

8 Touch right beside left

STEP, KICK, STEP KICK, COASTER STEP, TOUCH L

1-2 Side step right, kick left across right3-4 Side step left, kick right across left

5-6-7 Step right backward, step left together, step right forward

8 Touch left beside right

STEP, KICK, STEP, KICK, STEP TOGETHER, PAUSE X3

1-2 Side step left, kick right across left3-4 Side step right, kick left across right

5-6 Step left together, pause

7-8 Pause, pause

TRIPLE SWING BASIC STEPS

Step right lightly to side, step left together (&), step right lightly to side

Step left lightly to side, step right together (&), step left lightly to side

5-6 Cross right behind left, recover weight on right

Repeat that part one more time

Restart the dance