

# Go Mama Go (老媽加油) (zh)

COPPER KNOB  
STEPSHEDS

Count: 64

Wall: 4

Level: Improver

Choreographer: Kate Sala (UK) & Robbie McGowan Hickie (UK) - 2009年04月

Music: Let Your Momma Go - Ann Tayler : (CD: Let Your Momma Go)



前奏 : 32 Count intro from the Beginning

**第一段** Side Step Right. Together. 1/4 Turn Right. Hold. Step. Pivot 1/2 Turn Right. 1/4 Turn Right. Hold.  
右側踏, 併, 右1/4, 候, 踏, 轉1/2, 右1/4, 候

1-2 Step Right to Right side. Close Left beside Right.  
右足右踏, 左足併踏

3-4 Make 1/4 turn Right stepping forward on Right. Hold.  
右轉90度右足前踏, 候

5-6 Step forward on Left. Pivot 1/2 turn Right.  
左足前踏, 右軸轉180度

7-8 Make 1/4 turn Right stepping Left to Left side. Hold. (Facing 12 o'clock) 右轉90度左足左踏, 候(面向12點鐘)

**Note:** At the END of Wall 5 (Facing 3 o'clock) ... Dance the 1st Section of the dance Only (Counts 1 – 8), Then continue with a 12 Count Tag as follows:

第五面牆(面向3點鐘)跳完第一段時, 接續跳12拍加拍後從頭起跳

**12 Count Tag:** Behind. Hold. 1/4 Turn Left. Hold. Right Jazz Box Cross with Holds. 12拍加拍 : 後, 候, 左1/4, 候, 右爵士方塊交叉帶候

1-4 Cross Right behind Left. Hold. Make 1/4 turn Left stepping forward on Left. Hold. 右足於左足後交叉踏, 候, 左轉90度左足前踏, 候

5-8 Cross step Right over Left. Hold. Step back on Left. Hold.  
右足於左足前交叉踏, 候, 左足後踏, 候

9-12 Step Right to Right side. Hold. Cross step Left over Right. Hold. (Facing 12 o'clock) 右足右踏, 候, 左足於右足前交叉踏, 候(面向12點鐘)

**Then Restart the dance again from the Beginning (Facing 12 o'clock)**

從頭起跳(面向12點鐘)

**第二段** Back Rock. Toe Strut Right. Back Rock. Toe Strut Left.  
後下沉, 右趾踵, 後下沉, 左趾踵

1-4 Rock back on Right. Rock forward on Left. Step Right toe to Right side. Drop Right heel to floor.  
右足後下沉, 左足前下沉, 右足趾右點, 右足踵踏

5-8 Rock back on Left. Rock forward on Right. Step Left toe to Left side. Drop Left heel to floor.  
左足後下沉, 右足前下沉, 左足趾左點, 左足踵踏

**第三段** Behind. Side. Cross. Hold. Side Rock. Recover 1/4 Turn Right. Step Forward. Hold. 後, 側, 交叉, 候, 側下沉, 右1/4回復, 前踏, 候

1-4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. Hold. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏, 候

5-6 Rock Left to Left side. Recover weight on Right making 1/4 turn Right. 左足左下沉, 右足回復右轉90度

7-8 Step forward on Left. Hold. (Facing 3 o'clock)  
左足前踏, 候(面向3點鐘)

**第四段** Diagonal Locks Step (Right & Left) with Scuff.  
斜角鎖步(右, 左)帶擦踢

1-2 Step Right Diagonally forward Right. Lock step Left behind Right.  
右足斜角前踏, 左足於右足後鎖步

3-4 Step Right Diagonally forward Right. Scuff Left forward and out to Left side. 右足斜角前踏, 左足前擦踢左足轉向左

5-6 Step Left Diagonally forward Left. Lock step Right behind Left.  
左足斜角前踏, 右足於左足後鎖步

7-8 Step Left Diagonally forward Left. Scuff Right forward and out to Right side. 左足斜角前踏, 右足前擦踢右足轉向右

**第五段 Reverse Rumba Box. 反方向倫巴方塊**

1-4 Step Right to Right side. Close Left beside Right. Step back on Right. Hold. 右足右踏, 左足併踏, 右足後踏, 候  
5-8 Step Left to Left side. Close Right beside Left. Step forward on Left. Hold. 左足左踏, 右足併踏, 左足前踏, 候

**第六段 Step. Pivot 1/2 Turn Left. Step Forward. Hold. Full Turn Right (Travelling Forward). Hold. 踏 轉1/2, 前踏, 候, 右轉圈, 候**

1-4 Step forward on Right. Pivot 1/2 turn Left. Step forward on Right. Hold. 右足前踏, 左軸轉180度, 右足前踏, 候  
5-8 Travelling Forward...Make a Full turn Right stepping Left. Right. Left. Hold. (Facing 9 o'clock)  
右三步轉圈略向前移-左, 右, 左, 候(面向9點鐘)

Easier option Counts 5 – 8 above ... Left Lock Step Forward with Hold.  
左足前鎖步, 候

5-8拍簡易版

**第七段 Side Step Right. Toes Touches In-Out-In. Side Step Left. Toe Touches In-Out-In. 右側踏, 趾點 內-外-內, 左側踏, 趾點內-外-內**

1-2 Long step Right to Right side. Touch Left toe beside Right.  
右足右一大步, 左足趾併點  
3-4 Touch Left toe out to Left side. Touch Left toe beside Right.  
左足趾左點, 左足趾併點  
5-6 Long step Left to Left side. Touch Right toe beside Left.  
左足左一大步, 右足趾併點  
7-8 Touch Right toe out to Right side. Touch Right toe beside Left.  
右足趾右點, 右足趾併點

**第八段 Mambo 1/2 Turn Right. Stomp Forward. Hold for 3 Counts. 右1/2曼波, 前重踏, 候3拍**

1-4 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right. Hold.  
右足前下沉, 左足後下沉, 右轉180度右足前踏, 候  
5-8 Stomp forward on Left; spreading hands out to each side. Hold for 3 Counts. (Facing 3 o'clock)  
左足前重踏, (雙手平展)候3拍(面向3點鐘)

**ENDING:** The Music Ends DURING Wall 8 (Facing 3 o'clock) ... to finish Facing the Front Wall ... Dance up to Count 12 ... then Count 13: Rock back on Left. 14: Rock forward on Right. 15: Make 1/4 turn Left stepping forward on Left. 16: Hold and Pose!!!! ... It's MUCH Easier than it looks ... Trust Me!!!!

結束：第八面牆(面向3點鐘), 為結束面向前面牆, 跳至第12拍, 13-16拍改成下列舞步：左足後下沉, 右足前下沉, 左轉90度左足前踏, (擺個姿勢)候

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