

Mama & Me

32 count, 2 wall, improver level

Choreographer: Gary O'Reilly, August 2022

Choreographed to: "Mamas" by Anne Wilson & Hillary Scott

16 counts intro

Section 1 Step-Touch-Back-Kick, Behind-Side-Cross, Side Rock Cross, 1/4 L Hinge, 1/4 L Hinge, Cross

1&2& Step diagonally forward R on R, touch L next to R, step back on L, low kick R to R diagonal (1:30)

3&4 Cross R behind L, step L to L side, cross R over L

5&6 Rock L to L side, recover on R, cross L over R

7&8 1/4 L stepping back on R, 1/4 L stepping L to L side, cross R over L (6:00)

Section 2 Step-Touch-Back-Kick, Behind-Side-Cross, Side-Together-Back (1/2 Rumba Box), diag. Shuffle

1&2& Step diagonally forward L on L, touch R next to L, step back on R, low kick L to L diagonal (4:30)

3&4 Cross L behind R, step R to R side, Cross L over R

5&6 Step R to R side, step L next to R, step back on R

7&8 Step L fwd to L diagonal, step R next to L, step L fwd to L diagonal

Section 3 Cross Rock, 1/8 R Side Rock, Sailor 1/4 R, Cross Rock, Side Rock, Sailor 1/4 L

1&2& Cross Rock R over L, recover on L, 1/8 R rock R to R side, recover on L (6:00)

3&4 Cross R behind L, 1/4 R stepping L next to R, step R to R side (9:00)

5&6& Cross Rock L over R, recover on R, rock L to L side, recover on R

7&8 Cross L behind R, 1/4 L stepping R next to L, step L fwd (6:00)

Section 4 Mambo 1/2 R, 1/2 turning Lock Step, Coaster Step, Shuffle fwd

1&2 Rock fwd on R, recover on L, 1/2 R stepping fwd on R (12:00)

3&4 1/4 R stepping L to L side, cross R over L, 1/4 R stepping back on L (6:00)

5&6 Step back on R, step L next to R, step fwd on R

7&8 Step fwd on L, step R next to L, step fwd on L

*** Tags

Tag 1 *At the end of wall 1, facing 6:00, add: Walk R, Close L*

1-2 *Walk fwd on R, step L next to R*

Tag 2+5 *At the end of wall 2 (facing 12:00) and wall 5 (facing 6:00), add: Jazz Box x2*

1-2 *Cross R over L, step back on L*

3-4 *Step R to R side, step fwd on L*

5-6 *Cross R over L, step back on L*

7-8 *Step R to R side, step fwd on L*

Tag 4+6 *At the end of wall 4 (facing 12:00) and wall 6 (facing 12:00), add: Jazz Box*

1-2 *Cross R over L, step back on L*

3-4 *Step R to R side, step fwd on L*

Ending: *Dance 18 counts of Wall 7 (Section 3 Cross Rock).*

Finish the dance facing (12:00) by adding a R sailor 1/2 turn R.

Quelle:

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