

MAMA & ME

Count: 32. Wall: 2. Level: Improver

Choreographer: Gary O'Reilly (IRE) - August 2022

Music: Mamas by Anne Wilson & Hillary Scott. Album: My Jesus

INTRO: 16 count. Weight on L. Five Tags.

STEP-TOUCH-BACK-KICK-BEHIND-SIDE-CROSS, ROCK LEFT-RECOVER-CROSS, 1/4 LEFT-1/4 LEFT-CROSS

1&2& Step R forward 45° right, Touch L beside R, Step L back, Low kick R forward 45° right [1:30]

3&4 Step R behind L, Step L to left, Cross R over L [12:00]

5&6 Rock L to left, Recover onto R, Cross L over R

7&8 Turn ¼ left step R back, Turn ¼ left step L to left, Cross R over L [6:00]

STEP-TOUCH-BACK-KICK-BEHIND-SIDE-CROSS, RHUMBA BACK, DIAGONAL SHUFFLE

1&2& Step L forward 45° left, Touch R beside L, Step R back, Low kick L forward 45° left [4:30]

3&4 Step L behind R, Step R to right, Cross L over R [6:00]

5&6 Step R to right, Step L beside R, Step R back

7&8 Step L forward 45° left, Step R beside L, Step L forward 45° left [4:30]

CROSS ROCK-RECOVER-ROCK RIGHT-RECOVER-SAILOR 1/4 RIGHT, CROSS ROCK-RECOVER-ROCK LEFT-RECOVER-SAILOR 1/4 LEFT

1&2& Cross Rock R over L, Recover onto L, Rock R to right, Recover onto L [6:00]

ENDING: see below

3&4 Step R behind L, Turn ¼ right step L beside R Step R to right [9:00]

5&6& Cross Rock L over R, Recover onto R, Rock L to left, Recover onto R

7&8 Step L behind R, Turn ¼ left step R beside L, Step L forward [6:00]

MAMBO 1/2 RIGHT, 1/4 RIGHT BACK-LOCK-1/4 RIGHT BACK, COASTER BACK, SHUFFLE

1&2 Rock R forward, Recover onto L, Turn ½ right step R forward [12:00]

3&4 Turn ¼ right step L to left, Cross R over L, Turn ¼ right step L back [6:00]

5&6 Step R back, Step L beside R, Step R forward

7&8 Step L forward, Step R beside L, Step L forward

32 REPEAT

TAGS:

End of Wall 1 facing [6:00], add:

STEP, TOGETHER

1,2 Step R forward, Step L beside R

End of Wall 2 facing [12:00] & Wall 5 facing [6:00], add

JAZZ BOX, FORWARD, JAZZ BOX, FORWARD

1-4 Cross R over L, Step L back, Step R to right, Step L slightly forward

5-8 Cross R over L, Step L back, Step R to right, Step L slightly forward

End of Wall 4 facing [12:00] and Wall 6 facing [12:00], add

JAZZ BOX, FORWARD

1-4 Cross R over L, Step L back, Step R to right, Step L slightly forward

ENDING: Dance to count 18 of Wall 7 then:

SAILOR 1/2 RIGHT to finish at 12:00