

# TELL ME MAMA

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**Count:** 32      **Wall:** 2      **Level:** beginner/intermediate line/contra dance

**Choreographer:** Rick & Deborah Bates

**Music:** Before You Accuse Me by Delbert McClinton

## FORWARD SHUFFLES, STEP, KICK, STEP BACK, PIVOT

- 1&2** Shuffle forward (right, left, right)
- 3&4** Shuffle forward (left, right, left)
- 5-6** Step forward on right foot; kick left foot forward and slap hands with persons on either side of you
- 7-8** Step back on ball of left foot; pivot  $\frac{1}{2}$  turn to the left on balls of both feet and shift weight to left foot

## MILITARY PIVOT TO THE LEFT, FORWARD SHUFFLE, TURNING SHUFFLE, ROCK STEP

- 9-10** Step forward on right foot; pivot  $\frac{1}{2}$  turn to the left on ball of right foot and shift weight to left foot

### Contra lines switch sides in this section

- 11&12** Shuffle forward (right, left, right)
- 13&14** Shuffle forward (left, right, left) making a  $\frac{1}{2}$  turn to the right on these steps
- 15-16** Step back on right foot; rock forward onto left foot

## TOE TOUCHES, MONTEREY TURN, MILITARY PIVOT TO THE LEFT

- 17-18** Touch right toe forward and diagonally to the right; touch right toe forward and diagonally to the left
- 19-20** Touch right toe to the right; pivot  $\frac{1}{2}$  turn to the right on ball of left foot and step right foot next to left
- 21-22** Touch left toe to the left; step left foot next to right
- 23-24** Step forward on right foot; pivot  $\frac{1}{2}$  turn to the left on ball of right foot and shift weight to left foot

## STATIONARY KNEE POPS, FULL TURN TO THE RIGHT, ROCK STEP

- 25-26** With feet in place and weight on left foot, raise right heel and bend (pop) right knee slightly forward; rock back onto right heel and straighten right knee

- 27-28** With feet in place and weight on left foot, raise right heel and bend (pop) right knee slightly forward; rock back onto right heel and straighten right knee
- &** Rock forward onto ball of right foot and shift weight to left foot
- 29-30** Step back on right foot and begin a full turn to the right traveling back; step on left foot and complete full traveling turn to the right
- 31-32** Step back on right foot; rock forward onto left foot

**REPEAT**