

# Rock Me Mamma (a.k.a. 3 in a bed)

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**Count:** 96      **Wall:** 2      **Level:** Phrased Improver

**Choreographer:** Martin O'Connell & Carmel Kelly (Sept 2012)

**Music:** Wagon Wheel by Nathan Carter

## 32 Count intro

### SECTION 1:

#### RIGHT LOCK RIGHT HOLD, LEFT LOCK LEFT HOLD

1 - 8      Forward Right-Lock-Right, Hold, Forward Left-Lock-Left, Hold

#### RIGHT FORWARD MAMBO HOLD, LEFT COASTER STEP HOLD

9 -16      Mambo Forward & Back RLR, Hold, Left Coaster Step, Hold

#### VINE RIGHT, SCUFF TURN, VINE LEFT

17-24      Vine Right, Scuff Left doing 1/2 turn Right, Vine Left

#### VINE RIGHT, SCUFF TURN, VINE LEFT

25-32      Vine Right, Scuff Left doing 1/2 turn Right, Vine Left

### SECTION 2:

#### SIDE ROCK, BACK ROCK, R KICK-BALL-CHANGE, STEP 1/4 TURN

1 - 8      Side Rock on Right, Recover onto Left, Back Rock on Right, Recover onto Left, Right Kick-ball-change, Step Forward onto Right, Pivot 1/4 Turn Left

#### SIDE ROCK, BACK ROCK, R KICK-BALL-CHANGE, STEP 1/4 TURN

9 -16      Side Rock on Right, Recover onto Left, Back Rock on Right, Recover onto Left, Right Kick-ball-change, Step Forward onto Right, Pivot 1/4 Turn Left

#### RHUMBA BOX FORWARD HOLD, RHUMBA BOX BACK HOLD

17-24      Right to Right, Close Left to Right, Right Forward, Hold, Left to Left, Close Right to Left, Left Back, Hold

#### HIPS RIGHT-LEFT-RIGHT-HOLD, LEFT-RIGHT-LEFT HOLD

25-32 Hips Right Left Right, Hold, Hips Left Right Left Hold

**SECTION 3:**

**SHUFFLE BACK RIGHT LEFT RIGHT, HITCH, SHUFFLE BACK LEFT RIGHT LEFT HITCH**

1 - 8 Shuffle Back Right Left Right Hitch Left, Shuffle Back Left Right Left Hitch Right

**SHUFFLE FORWARD RIGHT LEFT RIGHT, HITCH, SHUFFLE FORWARD LEFT RIGHT LEFT HITCH RIGHT**

9 -16 Shuffle Forward Right Left Right Hitch Left, Shuffle Forward Left Right Left Hitch Right

**RIGHT SIDE-ROCK-CROSS, HOLD, LEFT SIDE-ROCK-CROSS, HOLD**

17-24 Side Rock on Right, Recover onto Left, Cross Right in front of Left, Hold, Side Rock on Left, Recover onto Right, Cross Left in front of Right, Hold

**STEP, HOLD, 1/4 TURN HOLD, STEP, HOLD, 1/4 TURN HOLD**

25-32 Step Forward on Right, 1/4 Turn Left, Hold, Step Forward on Right, 1/4 Turn Left Hold

**SEQUENCE (SECTIONS): 1-1-2-2-3 - 1-1-2-2-3 - REPEAT SECTION 2 TO END.**