

Solid Ground

LINEDANCE.COM

Count: 48

Wall: 4

Level: Phrased High Intermediate

Choreographer: Debbie McLaughlin (UK) May 2012

Music: Mamma Knows Best by Jessie J (Album: Who You Are)

Count in: After 16 counts on lyrics - SEQUENCE: A B A TAG A B A TAG A A A

PART A

BACK, COASTER STEP STEP, 1/4 TURN SIDE CROSS, 1/4 TURN, STEP 1/4 TURN CROSS

- 1, 2&** Take big step back on L, Step back on R, Step L beside R
- 3, 4** Step R forward, Step L forward
- &5, 6** Make 1/4 turn L stepping R to R side, Cross L over R, Make 1/4 turn R stepping forward R
- 7&8** Step forward L, Pivot 1/4 turn R taking weight on R, Cross rock L over R (3 o'clock)

SWEEP, BEHIND SIDE CROSS & 1/4 TURN TOGETHER, STEP, STEP, 1/2 TURN, WALK, WALK

- 1, 2&** Recover weight onto R sweeping L around, Cross L behind R, Step R to R
- 3&4** Cross L over R, Make 1/4 turn L stepping slightly back on R, Step L beside R (pushing bum out slightly! (12 o'clock))
- 5, 6&** Step R Forward, Step L Forward, Pivot 1/2 Turn R Taking weight onto R
- 7, 8** Walk forward L R with attitude! (6 o'clock)

ROCK RECOVER & CROSS BACK & CROSS BACK & CROSS 1/4 TURN 1/4 TURN

- 1, 2** Rock forward on L, Recover back on R
- &3, 4** Step slightly back on L, Cross R over L, Step L slightly back
- &5, 6** Step slightly back on R, Cross L over R, Step R slightly back
- &7,8&** Step slightly back on L, Cross R over L, Make 1/4 turn R slightly stepping back on L, Make 1/4 turn R stepping R forward (12 o'clock)

TOUCH & TOUCH & SIDE 1/4 TURN BACK, TOUCH 1/2 TURN & TOUCH 1/2 TURN

- 1&2&** Touch L forward, Step L beside R, Touch R forward, Step R beside L
- 3, 4** Make 1/4 turn L and rock forward L, Recover back onto R (9 o'clock)

- 5, 6&** Touch L toe back and make 1/2 turn L pushing weight into ball of L (5), Step weight back on R, Step back L {3 o clock)
- 7, 8&** Touch R toe back and make 1/2 turn R pushing weight into ball of R (5); Step weight back on L, Step back R (9 o clock)

Easy option for counts 5-8 (You'll repeat this twice if the tag is coming next)

- 5, 6&** Rock back on L to L diagonal, Recover forward onto R, Step L beside R
- 7, 8&** Rock forward on R to R diagonal, Recover back onto L, Step R beside L

PART B

BACK POINT, BACK POINT & POINT, 1/4 TURN, 1/2 TURN, 1/4 TURN OUT, OUT, IN

- 1,2,3** Step back on L, Point R to R side, Step back on R
- 4&5** Touch L to L side, Step L beside R, Touch R to R side
- 6,7** Make 1/4 turn R stepping forward R, Make 1/2 turn R stepping back on L
- &8&** Make 1/4 turn R stepping R to R side, Step L to L side, Step R beside L

CROSS 1/4 TURN COASTER STEP, STEP 1/2 TURN, FORWARD ROCK RECOVER &

- 1, 2** Cross L over R, Make 1/4 turn L stepping back on R
- 3&4** Step back on L- Step R beside L, Step L forward
- 5, 6** Step R forward, Pivot 1/2 turn L taking weight onto L
- 7, 8&** Rock forward on R, Recover back onto L Step R beside L

TAG

BACK ROCK & FORWARD ROCK

- 1,2&** Rock back on L to L diagonal, Recover forward onto R, Step L beside R
- 3, 4&** Rock forward on R to R diagonal, Recover back onto L, Step R beside L

SEQUENCE: A B A TAG A B A TAG A A A

Contact: de bmcwotzit@gmail.com