

# TELL MAMA

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**Count:** 48

**Wall:** 4

**Level:** intermediate

**Choreographer:** Mark Simpkin & Robin Imms

**Music:** Tell Mama by Lorraine Delaney

- 1&2** Step right beside left, step ball of left to left side, replace weight to right
- 3&4** Step left behind right, step ball of right to right side, replace weight to left (sailor shuffle)
- 5-8** Step right to right side, slide left beside right, step right to right side, scuff left at 45 degrees right
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- 1-3** Rock/step left over right at 45 degrees right, rock back on right, step left into ¼ turn left
- &4** Step onto ball of right slightly forward starting a ¾ turn left, step onto left completing the turn
- 5-6** Step/rock right to right side, replace weight to left
- 7&8** Step right behind left, step ball of left to left side, replace weight to right (sailor step)
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- &1-2** Step left beside right, touch right toe to right side, hold
- &3-4** Step right beside left, touch left to left side, hold
- &5&6** Step left beside right, touch right to t side, step right beside left, touch left to left side
- &7-8** Step left beside right, touch right toe to right side, step forward on right
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- 1-2** Step forward on left, turn ¼ turn left & rock right to right side
- 3&4** Shuffle to left side left-right-left turning ¼ turn left on last step of shuffle
- 5-6** Turn ½ turn left & step back on right, step back left
- 7&8** Step right back, step left beside right, step forward on right (coaster step)
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- 1&2** Shuffle to left side left-right-left turning ¼ turn left on count 2
- 3-4** Traveling forward step right-left turning a full turn left

- 5&6** Shuffle forward left-right-left
- 7-8** Traveling forward step left-right turning a full turn right
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- 1-2** Step/rock forward on left, rock back onto right
- 3&4** Coaster step - step back on left, step right beside left, step forward on left
- 5-6** Step right foot forward, step left beside right
- 7&8** Hold, step ball of right to right side, step left to left side

**REPEAT**