

Mama & Me

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Count: 32 **Wall:** 2 **Level:** Improver

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

Music: - Anne Wilson & Hillary Scott

#16 count intro

Section 1: FWD, TOUCH, BACK, KICK, BEHIND SIDE CROSS, SIDE ROCK & CROSS, $\frac{1}{4}$, $\frac{1}{4}$, CROSS

1&2& Step diagonally forward R on R (1), touch L next to R (&), step back on L (2), low kick R to R diagonal (&) (1:30)

3 & 4 Cross R behind L (3), step L to L side (&), cross R over L (4) (12:00)

5 & 6 Rock L to L side (5), recover on R (&), cross L over R (6)

7 & 8 $\frac{1}{4}$ L stepping back on R (7), $\frac{1}{4}$ L stepping L to L side (&), cross R over L (8) (6:00)

Section 2: FWD, TOUCH, BACK, KICK, BEHIND SIDE CROSS, SIDE TOGETHER BACK, DIAGONAL SHUFFLE L-R-L

1&2& Step diagonally forward L on L (1), touch R next to L (&), step back on R (2), low kick L to L diagonal (&) (4:30)

3 & 4 Cross L behind R (3), step R to R side (&), cross L over R (4) (6:00)

5 & 6 Step R to R side (5), step L next to R (&), step back on R (6)

7 & 8 Step L forward towards L diagonal (7), step R next to L (&), step L forward towards L diagonal (8) (4:30)

Section 3: CROSS ROCK, SIDE ROCK, SAILOR $\frac{1}{4}$ R, CROSS ROCK, SIDE ROCK, SAILOR $\frac{1}{4}$ L

1&2& Cross rock R over L (1), recover on L (&), rock R to R side (2), recover on L (&) (6:00)

3 & 4 Cross R behind L (3), $\frac{1}{4}$ R stepping L next to R (&), step R to R side (4) (9:00)

5&6& Cross rock L over R (1), recover on R (&), rock L to L side (2), recover on R (&)

7 & 8 Cross L behind R (7), $\frac{1}{4}$ L stepping R next to L (&), step forward on L (8) (6:00)

Section 4: MAMBO $\frac{1}{2}$ R, $\frac{1}{2}$ TURNING LOCK STEP, COASTER STEP, SHUFFLE FWD

1 & 2 Rock forward on R (1), recover on L (&), $\frac{1}{2}$ R stepping forward on R (2) (12:00)

3 & 4 $\frac{1}{4}$ R stepping L to L side (3), cross R over L (&), $\frac{1}{4}$ R stepping back on L (4) (6:00)

5 & 6 Step back on R (5), step L next to R (&), step forward on R (6)

7 & 8 Step forward on L (7), step R next to L (&), step forward on L (8) *TAG

Tags:

***At the end of Wall 1 facing (6:00), add:**

Walk R, L Together

1 2 Walk forward R (1), step L next to R (2)

***At the end of Wall 2 facing (12:00) & Wall 5 facing (6:00), add**

R Jazzbox, R Jazzbox

1 2 Cross R over L (1), step back on L (2)

3 4 Step R to R side (3), step slightly forward on L (3)

5 6 Cross R over L (5), step back on L (6)

7 8 Step R to R side (7), step slightly forward on L (8)

***At the end of Wall 4 facing (12:00) & Wall 6 facing (12:00), add**

R Jazzbox

1 2 Cross R over L (1), step back on L (2)

3 4 Step R to R side (3), step slightly forward on L (3)

***listen to the music - you'll hear the tags coming - sing it & enjoy!**

ENDING: Dance 18 counts of Wall 7, finish the dance facing (12:00) by adding a R sailor ½ turn R (12:00).

Contact:

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