

# Time For Mam

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**Count:** 32                      **Wall:** 4                      **Level:** Improver

**Choreographer:** Sadiyah Heggernes (NOR/UK) February 2019

**Music:** 'Good Timin', Jimmy Jones - iTunes (148 bpm)

**This is for my mam who danced many times to this song in her youth - when her memory was strong and alert.**

**Sadly now she doesn't remember.....**

**#16 count intro - start on vocals**

## **Section 1: Side Toe Strut, Cross Toe Strut, Vine with Cross**

- 1-2            Step R toes to R side. Step down on R heel
- 3-4            Cross L toes over R. Step down on L heel
- 5-6            Step R to R side. Cross L behind R
- 7-8            Step R to R side. Cross L over R.

## **Section 2: Side Rock, Rock Back, ¼ Mambo R, Cross**

- 1-2            Rock R to R side. Recover onto L
- 3-4            Rock back on R. Recover onto L
- 5-6            Rock forward on R. Recover onto L
- 7-8¼ turn R. Step R to R side. Cross L over R - 3.00**

## **Section 3: Rumba Box Forward, Touch, Rumba Box Back, Hook**

- 1-2            Step R to R side. Step L beside R.
- 3-4            Step forward on R. Touch L beside R
- 5-6            Step L to L side. Step R beside L
- 7-8            Step back on L. Hook R in front of L

## **Section 4: Forward Lockstep, Rock Forward, ¼ Turn L, Side, Tog, ¼ Turn L, Step**

- 1,2,3            Step forward on R. Lock L behind R. Step forward on R
- 4,5,6            Rock forward on L. Recover onto R. ¼ turn L. Step L to L side. - 12.00
- 7-8            Close R beside L. ¼ turn L. Step forward on L - 9.00

**Tag: (Very easy to hear after the 'Doo, doo ....')**

**1-4** Step R to R side. Bumps hips R-L-R-L

**At the end of Walls,**

**1(facing 9.00),**

**3(facing 3.00)**

**5(facing 9.00)**

**Contact; 07957477427 or [Sadiyah.heggernes@outlook.com](mailto:Sadiyah.heggernes@outlook.com)**