

Mama Knows (2020)

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Count: 64

Wall: 2

Level: Phrased Intermediate

Choreographer: Mariela Barcia y Sergio Alejandro - May 2020

Music: "Mama Knows" by Robert Mizzell

Step sheet by: Mariela Barcia

SEQUENCE: A - B - A - B - B - A(26) - A - B - A - B - B - A - B - tag - B - B - B - B - A - B - A(26)

PART A

#1st Sec. STOMP UP, ½ TURN, ROCK, ¾ TURN, HEEL STRUT

1-2stomp up (RF) and ½ turn on to the right

3-4stomp (RF) and touch (LF) beside the right

5-6side rock (LF) and ¾ turn to the left

7-8heel strut (LF)

#2nd Sec. ROCK x 3, ½ TURN STEP, SCUFF

1-2rock step forward (RF) and recover the weight on the left

3-4rock step back (RF) and recover the weight on the left

5-6rock step forward (RF) and recover the weight on the left

7 -½ turn (right back) step (RF)

8 -hold

#3rd Sec. STEP LOCK STEP, SCUF, HITCH, ¼ TURN-TOE STRUT

1-2step forward (LF), cross step behind (RF)

3-4step forward (LF) and scuff (RF) beside the left

5-6hitch (RF) and put it down again without touching the floor (keep the weight on the left)

7-8¹/₄ turn (back) and side toe strut (RF)

#4th Sec. CROSS STEP, FULL TURN, ROCK STEP, HOLD

1 -cross step over the left (LF)

2 -¹/₄ turn step to the right (RF)

3 -³/₄ turn step to the right (LF)

4 -hold

5 -side rock (RF)

6-7slow recovering of the weight on to the centre

8 -hold

PART B

***1st Sec. DIAGONAL, HITCH, JUMPED ROCK, KICK, ¹/₂ TURN-TOE, TOE-HEEL ¹/₂ TURN STRUT**

1-2 Jumping, diagonal right back and hook forward (RF) recovering the original wall

3-4 Jumping, rock back (RF) and recover the weight on to the left

5-6 -kick ¹/₂ turn forward (RF) and toe touch behind (RF)

7 & 8 Jumping, toe-heel ¹/₂ turn (on to the left) and strut (LF)

***2nd Sec. ¹/₂ CIRCLE-TOE STRUT x 2**

1-2¹/₂ circle forward (RF)

3-4toe strut behind (LF)

5-6¹/₂ turning circle back (RF)

7-8toe strut behind (LF)

***3rd Sec. HEEL x 2, TOE x 2, HEEL x 2, FLICK, STOMP**

1-2 Jumping, heel forward (RF), heel forward (LF)

- 3-4 Jumping, toe touch diagonally back to the left (RF), toe touch diagonally back to the right (LF)
- 5-6 Jumping, heel forward (LF), heel forward (RF)
- 7-8 Jumping, flick and side stomp (LF)

***4th Sec. HEEL-TOE FUN x 3, ½ TURN STOMP, HEEL-TOE FUN x 3, STOMP**

1-2-3side toe - heel - toe swivel (LF)

4 -½ turn (to the left) and stomp (RF)

5-6-7side toe - heel - toe swivel (RF)

8 -stomp LF beside the right

Restart. The 3rd Part A has only 26 counts.

Tip: after the count 22 do:

23-24¼ turn (back to the right) and long side step (RF)

25-26slide and stomp LF beside the right

Tag. 8 counts: toe - strut x 3 (R-L-R), hold, stomp (LF)

Ending. The last wall is a short Part A, with only 26 counts, so:

After the first 22 counts:

23-24¼ turn (back to the right) and long side step (RF)

25-26slide and cross toe touch behind (LF)

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