

Mom 2020

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Lynne Herman (US) & David Herman (US) - May 2020

Music: "Mom" by Meghan Trainor (ft. Kelli Trainor), Album: Thank You (Deluxe), 2016 (3:14)

INTRO: 32 counts

RESTART: After 16 counts, Wall #9

S1: FORWARD, TOUCH, BACK, KICK, BACK COASTER, HOLD

- 12** Step RF forward (1); touch LF slightly behind RF (2)
- 34** Step LF back (3); kick RF forward (4)
- 567** Step RF back (5); step LF beside RF (6); step RF forward (7); hold (8)

S2: TRIPLE FORWARD, HOLD, JAZZ ¼ TURN RIGHT

- 1234** Step LF forward (1); step RF beside LF (2); step LF forward (3); hold (4)
- 56** Cross RF in front of LF (5); step back on LF while turning ¼ left (6) (3:00)
- 78** Step RF to left side (7); step LF forward (8)

S3: SUGARFOOT X4, ROCKING CHAIR

- 12** Twist lower body left and step RF forward (1); twist right and step LF forward (2)
- 34** Twist lower body left and step RF forward (3); twist right and step LF forward (4)
- 5678** Rock RF forward (5); recover weight to LF (6); rock RF back (7); recover weight to LF (8)

S4: BOUNCE ½ TURN LEFT, MODIFIED V-STEP

- 1234** Step RF forward (1); bounce 3 times making ½ turn left, shift weight to RF on count 4 (9:00)
- 56** Step LF forward on right diagonal (5); step RF wide to left side (6)
- 78** Step LF back (7); touch RF beside LF (8)

RESTART: Wall 8 (3:00) begins a 48-count phone conversation between Ms. Trainor and her mother, Kelli. The phone conversation ends on count 16 of Wall #9, facing 3:00. Restart here!

DANCE ENDING: The final Wall begins at 6:00, is largely instrumental, and would normally end at 3:00. If you like ending at 12:00, simply pivot right on count #1 as the music ends.

NOTES: Give it a bouncy feel, a little “modern Mom” Meghan Trainor attitude!

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YOUTUBE: https://www.youtube.com/channel/UCUoqwOhUfFyfHc_oIYkP2dA/

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(178.62.90.125)(2020/06/15 23:18:33)

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