

The Only Mama

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Beatriz Gonzalez Paradell – May 2020

Music: The Only Mama That'll Walk The Line by LeAnn Rimes

Intro: 32 count intro

[1-8] GRAPEVINE TO RIGHT, GRAPEVINE TO LEFT

1-2RT foot step right, LT foot cross behind RT foot

3-4RT foot step right, LT foot touch together

5-6LT foot step left, RT foot cross behind LT foot

7-8LT foot step left, RT foot touch together

[9-16] STOMP RIGHT, SWIVEL HEEL, TOE, HEEL, STOMP LEFT, SWIVEL HEEL, TOE, HEEL

9-10 Stomp left foot forward to left diagonal, swivel right heel towards left heel

11-12 Swivel right toe towards left heel, swivel right heel towards left heel

13-14 Stomp right foot forward to right diagonal, swivel left heel towards right heel

15-16 Swivel left toe towards right heel, swivel left heel towards right heel

***Restart on wall 2 after 16 counts.**

[17-24] LOCK STEP, SCUFF, LOCK STEP, SCUFF

17-18RT foot step forward, LT foot cross behind RT foot

19-20RT foot step forward, LT foot scuff forward

21-22LT foot step forward, RT foot cross behind RT foot

23-24LT foot step forward, RT foot scuff forward

[25-32] FORWARD, ½ TURN, FORWARD, HOLD, ¾ TURN, CROSS, HOLD

25-26RT foot step forward, ½ turn anticlockwise (06:00)

27-28RT foot step forward, hold

29-30 $\frac{1}{2}$ turn clockwise (12:00), $\frac{1}{4}$ turn clockwise (03:00)

31-32LT foot cross over RT foot, Hold

[33-40] SIDE TOE STRUT, CROSS TOE STRUT, ROCK RECOVER, CROSS, HOLD

33-34 Right ball to left side, drop left heel on the floor

35-36 Left ball cross over right, drop right heel on the floor

37-38 Rock side on right, recover on left

39-40RT foot cross over LT foot, Hold

[41-48] SIDE TOE STRUT, CROSS TOE STRUT, ROCK RECOVER, CROSS, HOLD

41-42 Left ball to left side, drop right heel on the floor

43-44 Right ball cross over right, drop left heel on the floor

45-46 Rock side on left, recover on right

47-48LT foot cross over RT foot, Hold

[49-56] LOCK STEP, KICK, COASTER STEP, SCUFF

49-50RT foot step backward, LT foot cross over RT foot

51-52RT foot step backward, LT foot kick forward

53-54LT foot step backwards, RT foot together

55-56LT foot step forward, scuff forward with RT foot

[57-64] FORWARD, HEEL DROP x3, FORWARD, TOUCH, BACKWARD, TOUCH

57-58RT toe touch forward, RT heel drop

59-60RT heel drop, RT heel drop

61-62RT foot step slightly forward with full weight, LT foot touch together

63-64LT foot step diagonally backward, RT foot touch together.

After TAG 4, repeat the counts from 49 to 64, then TAG 1 and start again from the top.

TAGS:

TAG 1 (AFTER WALL 1 & THE REPEAT): 4 counts

1-2RT foot step diagonally backwards, LF touch together

3-4LT foot step diagonally forward, RT foot touch together.

TAG 2 (AFTER WALL 2): 6 counts

1-2RT foot step diagonally backwards, LF touch

3-4LT foot step diagonally forward, RT foot touch

5-6 Roll right hip left, Roll left hip right

TAG 3 (AFTER WALL 3): 8 counts

1-2RT foot step diagonally backwards, LF touch

3-4LT foot step diagonally forward, RT foot touch

5-6 Roll right hip left, Roll left hip right

7-8 Roll right hip left, hitch with RT leg

TAG 4 (AFTER WALL 4): 9 counts

1-2RT foot step diagonally backwards, LF touch

3-4LT foot step diagonally forward, RT foot touch

5-6 Roll right hip left, Roll left hip right

7-8 Roll right hip left, hitch with RT leg

9&RT foot rock forward, recover weight to LT foot

NOTE: the sequence of the dance is 64c - tag 1 - 16c - Restart - 64c - tag 2 - 64c - tag 3 - 64c - tag 4 - Repeat (49 to 64) - tag 1 - start again for 16c.

Enjoy!

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