

# Jesus and My Mama

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**Count:** 40      **Wall:** 4      **Level:** Improver

**Choreographer:** Elisabeth Elkuch-Heid (Lizzy)(July 2020)

**Music:** Jesus and My Mama by Gabby Barrett

**[1-8] Kick R ( Arms up) Ball Touch L Side (Arms down), Kick L (Arms up), Ball Touch R Side**

**(Arms down), Step R Fwd, 1/2 Turn L, Full Turn L (R,L) (6)**

**1&2**      Kick R Fwd (Arms up), Step R next to L, Touch L to left side (Arms down)

**3&4**      Kick L Fwd (Arms up), Step L next to R, Touch R to right side (Arms down)

**5.6Step Fwd R, 1/2 Turn L (Weight L)**

**7,8**      Full Turn L with R, L

**[9-16] R Heel Fwd, Hook, Back R, Kick L, Hook, Back, Bend Both Knees To Right Side, Straighten Up both Knees and Turn 1/4 left (3)**

**1&2R Heel Fwd, R Hook L, R Heel Fwd**

**&R Back to Center and Kick L Fwd**

**3&4L Hook R, Kick L Fwd, Step L Down**

**5,6**      Bend both Knees to right, and up again with 1/4 Turn L (Weight L)

**7&8 1/2 Turn Shuffle left with: R-L-R (slightly back)**

**[17-24] Coaster Step, Walk, Walk, Mambo 1/2 Turn R, Shuffle 1/2 Turn Right (9)**

**1&2**      Step L Back, Step R next to L, Step L Fwd

**3,4**      Walk Fwd R, L

**5&6**      Step R Fwd, Recover L, 1/2 Turn R and Step Fwd on R

**7&8**      Shuffle 1/2 Turn R: L-R-L

**[25-32] R Heel Fwd & Toe Back L, 1/4 Turn L - Back Toe R & L Heel Fwd - Repeat**

**1&2**      Touch R Heel Fwd, Back to Center, Touch L Toe Back

**&3&4**      Back to Center, 1/4 Turn L and Touch R Toe Back, Back to Center, Touch L Heel Fwd

**5&6&** Back to Center, Touch R Heel Fwd, R to Center, Touch L Toe Back, L to Center

**7&8&1/4 Turn L and Touch R Toe Back, R to Center, Touch L Heel Fwd, L to Center**

### **[33-40] Diagonal Lock Steps R With Scuff, Diagonal Lock Steps L With Touch (3)**

**1-4** Step R diagonal Fwd, L next to R, Step Fwd R, Scuff L

**During Walls 3. (9) und 5. (3) Wand stop here and substitute count 4 with Step L next to R (Step Change) - and restart the dance**

**5-8** Step L diagonal Fwd, R next to L, Step Fwd L, Touch R next to L (3)

**Tag: After Wall 2**

**(6) add these steps:"**

### **[1-8] Heel Hook Heel Flick, Cha Cha Cha in Place R & L**

**1&2&** Touch R Heel Fwd, R Hook F, Touch R Heel Fwd, Flick R

**3&4** Triple Steps in Place: R-L-R

**5&6&** Touch L Heel Fwd, L Hook R, Touch L Heel Fwd, Flick L

**7&8** Triple Steps in Place: L-R-L

### **[9-16] Rock Fwd Recover Coaster Step R & L**

**1,2** Step R Fwd, Recover L

**3&4** Step R Back, Step L next to R, Step R Fwd

**5,6** Step L Fwd, Recover R

**7&8** Step L Back, Step R next to L, Step L Fwd

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