

# Oh Mama

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Alan Birchall (UK) & Jacqui Jax (UK) - November 2021

**Music:** - GASHI : (Album: Sting - Duets / Gashi - 1984)

**Start: On Main Lyrics Seconds: 18 Counts: 32 BPM: 113**

**CROSS, SIDE, BEHIND, POINT, CROSS, ¼ TURN, SHUFFLE BACK**

- 1-2      Cross Right Over Left, Step Left To Left
- 3-4      Cross Right Behind Left, Point Left To Left
- 5-6      Cross Left Over Right, ¼ Turn Left Stepping Back On Right 09:00
- 7&8      Step Back On Left, Step Right By Left, Step Back On Left

**ROCK, RECOVER, KICK BALL STEP, SWIVEL STEPS FORWARD X2 (DOWN, UP, DOWN, UP)**

- 9-10      Rock Back On Right, Recover On Left
- 11&12      Kick Right Forward, Step On Ball Of Right, Step Forward On Left
- 13-14      With A Slight Dip Swivel Both Heels Left Stepping Fwd On Right, Returning To Centre Stepping Forward On Left
- 15-16      With A Slight Dip Swivel Both Heels Left Stepping Fwd On Right, Returning To Centre Stepping Forward On Left

**VAUDEVILLE, CROSS SHUFFLE, SWAY, RECOVER, ½ RONDE SWEEP BACK**

- 17&18      Cross Right Over Left, Step Left To Left, Extend Right Heel To Right Diagonal
- &19&20      Step Right By Left, Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 21-22      Sway Right, Recover On Left

**23-24½ Ronde Sweep To Right (Backwards) Step Right Beside Left (Weight On Right) 03:00**

**JAZZ BOX, CROSS, TOE TOUCHES, BIG STEP, DRAG**

- 25-26      Cross Left Over Right, Step Back On Right
- 27-28      Step Left To Left, Cross Right Over Left
- 29&30      Touch Left To Left, Step Left By Right, Touch Right To Right
- &31-32      Step Right By Left, Take A Big Step To Left, Drag Right Touch By Left

## **TOE, HEEL, STOMP X2, HINGE TURN X2**

- 33&34** Touch Right Toe Forward, Touch Right Heel Forward, Stomp Forward On Right
- 35&36** Touch Left Toe Forward, Touch Left Heel Forward, Stomp Forward On Left
- 37-38** On Ball Of Left Make  $\frac{1}{4}$  Hinge Turn Left, Stepping Right To Right (Click Fingers) 12:00
- 39-40** On Ball Of Right Make  $\frac{1}{2}$  Hinge Turn Left, Stepping Left To Left (Click Fingers) 06:00

**RESTART: During Wall 2 (Facing: 12:00) ENDING: During Wall 6 Cross Right Over Left, Splaying Arms (Facing 12:00)**

## **HITCH, STEP, SLIDE x2, KICK, BALL, TOUCH, SWIVEL HEELS**

- 41&42** Hitch Right Knee To Left Thigh, Step Right To Right, Slide Left By Right
- 43&44** Hitch Right Knee To Left Thigh, Step Right To Right, Slide Left By Right
- 45&46** Kick Right Forward, Step Slightly Back On Ball Of Right Foot, Touch Left Forward
- 47-48** Swivel Both Heels Left (Slightly Lifting Left Hip) Return To Centre (Weight On Right)

## **CROSS POINTS X2, $\frac{1}{4}$ JAZZ BOX, STEP**

- 49-50** Cross Left Over Right, Point Right To Right
- 51-52** Cross Right Over Left, Point Left To Left
- 53-54** Cross Left Over Right, Step Back On Right
- 55-56** Make  $\frac{1}{4}$  Turn Left Stepping Left To Left, Step Forward On Right 03:00

## **STEP, TOUCH, HEEL SWITCHES, ROCK, RECOVER, $\frac{3}{4}$ TRIPLE TURN**

- 57-58** Step Forward On Left, Touch Right Behind Left
- &59&60** Step Back On Right, Touch Left Heel Forward, Step Left By Right, Touch Right Heel Forward
- &61-62** Step Right By Left, Rock Forward On Left, Recover On Right
- 63&64 $\frac{3}{4}$  Triple Turn Left Stepping Left, Right, Left 06:00**

## **START AGAIN**

**Released at LDF Yorkshire Day of Dance**