

# No Stress Mama

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

**Choreographer:** Brenda Shatto (USA), October 2017

**Music:** Mama by Jonas Blue feat. William Singe, single 3:04, 104 bpm

**Note: No Tags Or Restarts. Makes a great floor split for Shane McKeever's dance No Stress.**

**Intro: 16 counts, 10 seconds, start on lyrics. Weight on left.**

**[1-8] R triple forward, rock L, recover R, step back L, touch R, back R, touch L**

**1&2**            Forward R, L next to R heel, forward R (shuffle) [12:00]

**3,4**            Rock forward L, recover R

**5,6,7,8**       Step left back, touch right forward, step R back, touch L forward (option: bump on 6,8)

**[9-16] Walk L,R, ¼ right step L side, R together, walk L,R, rock L, recover R**

**1,2**            Walk forward L, R

**3**            Pivot ¼ right on R as you step L to left side (L foot steps sideways → → → toward - 12:00),

**4**            Drag ball of R toward L and step on R [3:00]

**5,6,7,8**       Walk forward L, R, rock forward on L, recover back to R

**[17-24] Step back L, R heel drag, rock back R, recover L, ½ turn left paddles x4**

**1,2,3,4**       Large step back on L, drag R heel toward L, rock back R, recover L

**5,6,7,8**       Press R to right side and make ⅛ turn left to 1:30, repeat to 12:00, 10:30, and 9:00 for a total of ½ turn left (weight L) [9:00]

**[25-32] R cross, L side, R coaster, L cross, R side, L coaster**

**1,2,3&4**       Step R across L, L to left side, R back (slight diagonal), L next to R, R forward [10:00]

**5,6,7&8**       Step L across R, R to right side, cross L back (square up), R next to L, L forward [9:00]

**Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format.**

**Contact the choreographers with your questions.**

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