

MAMA KNOWS

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Count: 68

Wall: 4

Level: —

Choreographer: Victor Watts, Haley Shiel & Sarah Myers

Music: Mama Knows The Highway by Hal Ketchum

CAMELS 45 DEGREES RIGHT, CAMELS 45 DEGREES LEFT.

- 1-2** Step right foot forward at 45 degrees twisting left heel to left, bring left beside right
- 3-4** Step right foot forward at 45 degrees twisting left heel to left, bring left beside right
- 5-6** Step left foot forward at 45 degrees twisting right heel to right, bring right beside left
- 7-8** Step left foot forward at 45 degrees twisting right heel to right, bring right beside left

SHUFFLE RIGHT, TURN, SHUFFLE LEFT

- 1&2&** Shuffle right (right-left-right), turn $\frac{1}{2}$ turn right
- 3&4** Shuffle left (left-right-left)

HALF TURN, HALF TURN, QUARTER TURN, ROCK FORWARD

- 5-6** Turn $\frac{1}{2}$ turn right & step onto right foot, turn $\frac{1}{2}$ turn right & step onto left
- 7-8** Turn $\frac{1}{4}$ turn right & step back onto right, rock forward onto left foot

QUARTER TURN SHUFFLE, CROSS-OVER SHUFFLE

- 1&2** Shuffle forward & turn $\frac{1}{4}$ turn left (right-left & turn right)
- 3&4** Cross left over right & shuffle right (left-right-left)

STEP TO SIDE, STEP BEHIND

- 5-6** Step right to side, step left behind right

STEP TO SIDE/IN FRONT, STEP TO SIDE/BEHIND, STEP TO SIDE/IN FRONT, SCUFF

- &1&2** Step right to side & step left in front of right, step right to side & step left behind
- &3-4** Step right to side & step left in front of right, scuff right

CROSS-OVER SHUFFLE, STEP TO SIDE, STEP BEHIND

- 5&6** Cross right over left & shuffle left (right-left-right)
- 7-8** Step left to side, step right behind left

STEP TO SIDE/IN FRONT, STEP TO SIDE/BEHIND, STEP TO SIDE/IN FRONT, SCUFF

&1&2 Step left to side & step right in front of left, step left to side & step right behind,

&3-4 Step left to side & step right in front of left, scuff left

CROSS OVER, THREE QUARTER TURN, HOLD

5-6 Cross left over right, turn $\frac{3}{4}$ turn right taking weight onto the left

7-8 Right heel forward, hold

JUMPS BACK

&1&2 Jump back onto right with left heel forward, jump back onto left with right heel forward

&3&4 Jump back onto right with left heel forward, jump back onto left with right heel forward

SAILOR STEPS

5&6 Step right behind left, step left to side, step right to side,

7&8 Step left behind right, step right to side, step left to side.

THREE QUARTER TURN, STEP, JUMP CROSS, JUMP APART

1-2 Turn $\frac{3}{4}$ turn right step onto right foot, step forward onto left foot

3-4 Jumping forward slightly cross left over right, jump feet apart

SHIMMIES FORWARD, SHIMMIES BACK

Pushing hands & arms downward

5&6& Shimmy shoulders forward for 2 beats

7&8 Shimmy shoulders back for 2 beats

HIPS, TURN

1-3 Sway hips right-left-right

4 Sway hips left turning $\frac{1}{4}$ turn right keeping weight on left foot

SHUFFLE BACK, TURN, SHUFFLE FORWARD

5&6& Shuffle backwards right-left-right, turn $\frac{1}{2}$ turn left

7&8 Shuffle forward left-right-left

STEP, TURN/TWIST. TWIST, TWIST/TURNS

1-2 Step forward onto right turning $\frac{1}{4}$ turn left twist both heels right

3-4 Twist both heels left, twist both heels right turning $\frac{1}{4}$ turn left

COASTER STEP

5&6 Step back onto left, step back onto right, step forward onto left

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=29952