

# Back at Mamas

LINEDANCE.COM

**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Andrew Palmer & Sheila Palmer and Tina Argyle - May 2016

**Music:** "Meanwhile Back at Mama's" by Tim McGraw. Album: Sundown Heaven Town.

**Intro: 32 counts.**

**“Choreographed for the Costa Brava Line Dance Festival (Palafrugell) 2016”**

**#1: Full Circle Turn L - Walk L. Scuff R. Walk R. Scuff L. Shuffle L. Walk R. Scuff L. Walk L .Scuff R. Shuffle R.**

**1&2&** Walk Left, scuff Right, walk Right, scuff Left completing a 1/4 turn left (9:00).

**3&4** Shuffle 1/4 turn Left (6:00) L-R-L.

**5&6&** Walk Right, scuff Left, walk Left, scuff Right completing a 1/4 turn Left (3:00).

**7&8** Shuffle 1/4 turn Left (12:00) R-L-R.

**#2: Step-Pivot-Step R. Step-Pivot-Step L. Heel L. Step. Heel R. Step. Walk L. Walk R.**

**1&2** Step forward Left, pivot 1/2 turn Right (6:00), step forward Left.

**3&4** Step forward Right, pivot 1/2 Left (12:00), step forward Right.

**5&** Dig Left heel forward, step in place beside Right.

**6&** Dig Right heel forward, step in place beside Left.

**7-8** Walk forward Left, walk forward Right.

**\*\*\* Tag #1: during wall 3 (6:00) then Restart the dance.**

**1-2&** Rock forward Left, recover, step ball of Left in place beside Right.

**3-4** Step Right to Right side, touch Left beside Right

**#3: Mambo Forward L. Step sweep back (x3). R Coaster Step. Full Turn Forward R over 2 Counts.**

**1&2** Mambo forward Left - on the recover step back Left sweeping Right clockwise.

**3** Step back Right while sweeping Left Anti-clockwise.

**4** Step back Left while sweeping Right clockwise.

**5&6** Right Coaster Step

**7-8** Full turn Right - step back on Left (6:00), step forward on Right (12:00).

**#4: L Diagonal Rock. Recover. L Coaster Step. Step-Pivot 1/2 L. Full Triple-Turn L.**

- 1-2** Rock forward Left to Left diagonal (10:30), recover.  
**3&4** Left Coaster Step.  
**5-6** Step forward on Right to the Left diagonal (10:30), pivot 1/2 turn Left (4:30).  
**7&8** Full Triple-Turn L - RLR (or easier option shuffle forward on Right).

**#5: L Diagonal Rock. Recover. Behind Side Cross. Rock R. Recover 1/4 L. R shuffle.**

- 1-2** Rock forward Left to Left diagonal (4:30), recover.  
**3&4** Cross Left behind Right, step Right to Right side, cross Left over Right (6:00).  
**5-6** Rock Right to side, recover turning 1/4 turn Left (3:00).  
**7&8** Shuffle forward Right.

**#6: Cross. Back. Chasse' L. Cross. Back. Slide R. Touch L.**

- 1-2** Cross Left over Right, step back on Right.  
**3&4** Chasse' Left.  
**5-6** Cross Right over Left, step back on Left.  
**7-8** Step Right to Right side, touch Left beside Right.

**\*\*\* Tag #2 during wall 5 (12:00) then Restart the dance.**

- 1-4** Sway Left, sway Right, sway Left, and sway Right.

**Last Update - 7th June 2016**