

Mama's Best Friend

LINEDANCE.COM

Count: 48

Wall: 2

Level: Improver waltz

Choreographer: Jeanette Copeman – Hamilton, NZ (November 2017)

Music: Mama & Jesus By Mike Manuel - Album: Back In The Country Again

Intro: 12 Counts

S1: WALTZ FORWARD, WALTZ BACK

1 - 2 - 3 Waltz Forward Stepping Left - Right - Left

4 - 5 - 6 Waltz Back Stepping Right - Left - Right

S2: TWINKLE RIGHT, TWINKLE LEFT

1 - 2 - 3 Cross Left Over Left, Step Right Beside Left, Step Left Beside Right (Travelling Forward)

4 - 5 - 6 Cross Right Over Left, Step Left Beside Right, Step Right Beside Left (Travelling Forward)

S3: WALTZ FORWARD, WALTZ ½ TURN

1 - 2 - 3 Waltz Forward Stepping Left - Right - Left

4 - 5 - 6 Making ½ Turn Left Waltz Back Stepping Right - Left - Right

S4: WALTZ ½ TURN, WALTZ BACK

1 - 2 - 3 Making ½ Turn Left Waltz Forward Stepping Left - Right - Left

4 - 5 - 6 Waltz Back Stepping Right - Left - Right

S5: FORWARD - POINT - POINT, FORWARD - POINT - POINT

1 - 2 - 3 Step Forward On Left, Point Right To Side, Point Right To Side

4 - 5 - 6 Step Forward On Right, Point Left To Side, Point Left To Side

S6: TWINKLE ¼ TURN, TWINKLE

1 - 2 - 3 Cross Left Over Right, Making ¼ Turn Left Step Right Beside Left, Step Left Beside Right

4 - 5 - 6 Cross Right Over Left, Step Left Beside Right, Step Right Beside Left

S7: TWINKLE ¼ TURN, TWINKLE

1 - 2 - 3 Cross Left Over Right, Making ¼ Turn Left Step Right Beside Left, Step Left Beside Right

4 - 5 - 6 Cross Right Over Left, Step Left Beside Right, Step Right Beside Left

S8: FORWARD - POINT - POINT, FORWARD - POINT - POINT

1 - 2 - 3 Step Forward On Left, Point Right To Side, Point Right To Side

4 - 5 - 6 Step Forward On Right, Point Left To Side, Point Left To Side (6 O'Clock)

REPEAT

TAG 1: On Completion Of Walls 1 & 4 (Facing 6 O'Clock) There Is A 3 Count Tag

ROCK RECOVER - TOUCH

1 - 2 - 3 Rock Back On Left, Recover Onto Right, Touch Left Beside Right

TAG 2 & RESTART: On Wall 3 After 1st 6 Counts (Facing 12 O'Clock) There Is A 3 Count Tag Followed By A Restart

SWAY LEFT - RIGHT - HOLD

1 - 2 - 3 Sway Hips Left - Right, HOLD

This dance is dedicated to my friend Jan.

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