

# MAMA LIKES TO REGGAE

LINEDANCE.COM

Count: —                      Wall: 4                      Level: —

Choreographer: M.A.D.

Music: Mama Likes To Reggae by The Bellamy Brothers

Sequence: Repeat sections AB eight times. Thereafter repeat section B to the end

## SECTION A

### JUMP OUT, JUMP IN, LEFT: TOE/HEEL/HOOK/HEEL/PLACE

- 1-2            Jump both feet apart, jump both feet together (alternative steps:- touch left toe out to left side, touch in place)
- 3-5            Touch left toe in front, touch left heel in front, hook under right knee
- 6-7            Left heel out in front, back in place

### JUMP OUT, JUMP IN, RIGHT: TOE/HEEL/HOOK/HEEL/PLACE

- 8-9            Jump both feet apart, jump both feet together (alternative steps:- touch right toe out to right side, touch in place)
- 10-12        Touch right toe in front, touch right heel in front, hook under left knee
- 13-14        Right heel out in front, back in place

### SHUFFLE FORWARD, ROCK STEPS

- 15&16        Shuffle forward right, left, right
- 17-18        Rock forward on left (lifting right), rock back on right

### SHUFFLE BACK, ROCK STEPS

- 19&20        Shuffle back left, right, left
- 21-22        Rock back on right (lifting left), rock forward on left

### SHUFFLE FORWARD, STEP PIVOT, STEP PIVOT

- 23&24        Shuffle forward right, left, right
- 25-26        Step forward on left foot, pivot  $\frac{1}{2}$  turn right
- 27-28        Step forward on left foot, pivot  $\frac{1}{4}$  turn right

### JUMP OUT, JUMP ACROSS, UNWIND $\frac{1}{2}$ TURN, HIP THRUSTS

- 29-30** Jump both feet apart, jump to cross right over left
- 31-32** Unwind ½ turn right, place both hands on back of neck
- 33-34** Two hip thrusts forward

## **SECTION 'B'**

### **HIP ROLLS RIGHT AND LEFT WITH ARM LASSO**

- 35-38** Roll hips right, left, right, center making a circular lasso action with right arm
- 39-42** Roll hips left, right, left, center making a circular action with right arm

### **SWIVEL IN PLACE LEFT, RIGHT, LEFT, CENTER**

- 43-46** Swivel both heels left, right, left, center

**Option: Swivel both heels and hips as you twist down then up**

### **HIP THRUSTS-TWICE**

- 47-48** Place both hands on the back of your neck and thrust hips forward twice