

MAMA IRELAND

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Count: 32 **Wall:** 4 **Level:** intermediate east coast swing

Choreographer: Louise Elfvingren

Music: Tell Me Ma by Van Morrison & The Chieftains

CROSS SHUFFLE, ROCK LEFT RECOVER, CROSS SHUFFLE, ROCK RIGHT RECOVER

- 1&2** Cross right foot over left, step left to left side, cross right over left
- 3-4** Rock left foot to left side, recover back to right
- 5&6** Cross left foot over right, step right to right side, cross left over right
- 7-8** Rock right foot to right side, recover back to left

Restart from here on wall 5 when dancing to "Tell Me Ma"

SHUFFLE BACK, ROCK BACK RECOVER, SHUFFLE FORWARD, FULL TURN LEFT

- 1&2** Shuffle back right, left, right
- 3-4** Rock left foot back, return left beside right
- 5&6** Shuffle forward left, right, left
- 7-8** Step forward right foot and turn over left shoulder a full turn stepping on left foot

When dancing to "Tell Me Ma", restart from here on wall 4 after performing the 4-count tag

ROCK RIGHT RECOVER, SYNCOPATED BEHIND-SIDE-SIDE WITH $\frac{1}{4}$ LEFT TURN, SAILOR TURN $\frac{1}{4}$ LEFT, ROCK FORWARD RIGHT RECOVER

- 1-2** Rock right foot to right side, recover back to left
- 3&4** Step right foot behind left, step left foot to left side, right foot turn $\frac{1}{4}$ to left and step next to left
- 5&6** Left foot behind right, right foot turn $\frac{1}{4}$ left and step left beside right.
- 7-8** Rock right foot forward, recover back beside left.

HALF SHUFFLE TURN BACK, ROCK FORWARD RECOVER, HALF SAILOR TURN LEFT, KICK, TURN $\frac{1}{4}$ LEFT

- 1&2** Step right back, left foot makes $\frac{1}{4}$ turn right and right foot makes the next $\frac{1}{4}$ turn
- 3-4** Rock left foot forward, recover back beside right
- 5&6** Step left foot behind right, turn right foot $\frac{1}{2}$ left and step left foot beside right foot.

7&8 Kick right foot forward, put right foot down and turn $\frac{1}{4}$ left, step left beside right.

REPEAT

TAG

When dancing to "Tell Me Ma", on wall 4, after count 16, do the following and then restart the dance from count 1

ROCK RIGHT RECOVER, KICK BALL STEP

1-2 Rock right foot to right side recover back to left

3&4 Kick right foot forward, step right foot next to left, step left foot next to right foot.

RESTART

On wall 5, restart the dance after count 8