

# Mama Don't Stress Your Mind

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Newcomer

**Choreographer:** Materne Georgette - July 2017

**Music:** Mama by Jonas Blue feat. William Singe

**Intro: 16 counts - No Tag No Restart**

**BACK ,TOUCH,BACK, TOUCH, COASTER STEP 1/4 TURN R, TOUCH FORWARD,SWIVEL**

**1-2RF step back, LF touch toe forward**

**3-4LF step back, RF touch toe forward**

**5&6RF step back, LF together, RF step forward 3:00**

**7&8LF touch toe forward, LF heel swivel out, Lf heel to center**

**COASTER STEP, SIDE TOUCH, SIDE TOUCH, SAILOR STEP, SAILOR STEP 1/4 TURN**

**1&2LF step back, RF together,LF step forward**

**3&4RF touch side right, RF together, LF touch side L**

**5&6LF cross behind, RFstep side R, LF step side L**

**7&8RF cross behind 1/4 turn R, LF step side L, RF step side R 6:00**

**SIDE, CROSS, SIDE 1/4 TURN , CROSS, SIDE 1/4 TURN , CROSS, 1/4 TURN ,1/2 TURN**

**1-2LF step side L, RF cross over**

**3-4LF step side 1/4 turn r, RF cross over 9:00**

**5-6LF step side 1/4 turn r, RF cross over 12:00**

**7-8LF step forward 1/4 turn L, 9::00 RF step back 1/2 turn L 3:00**

**LOCK STEP BACK 2x, COASTER STEP, TOUCH FORWARD, SWIVEL**

**1&2LF step back, RF lock , LF step back**

**3&4RF step back, LF lock, RF step back**

**5&6LF step back, RF together, LF step forward**

**7&8RF touch toe forward, RF heel swivel out, RF heel to center**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=119332](https://www.linedance.com/index.php?f=dance_view&id=119332)