

# MAMA KNOWS BEST

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**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Bill Bader

**Music:** Mama Knew Best by The Borderers

**Intro: 32 counts (Do NOT start at the Ooh-ooh's)**

## 2 CHARLESTONS (KICK FORWARD, STEP BACK, TOE BACK, STEP FORWARD)

- 1-2      Kick right forward, step right back
- 3-4      Touch left toe back, step left forward
- 5-6      Kick right forward, step right back
- 7-8      Touch left toe back, step left forward

**Styling: put some bounce into these moves**

**Option: the original "Charleston" dance also has swiveling action of the weighted foot**

## RIGHT SIDE, TOGETHER, SIDE-TOGETHER-SIDE, LEFT SIDE, TOGETHER, SIDE-TOGETHER-SIDE-STOMP

- 1-2      Step right to right side, step left beside right
- 3&4      Step right to right side, step left beside right, step right to right side
- 5-6      Step left to left side, step right beside left
- 7&8      Step left to left side, step right beside left, step left to left side
- &      Stomp right heel down beside left

**Keep right heel on the floor, do not bounce it**

## "FOOT BOOGIE": TOE FANS SINGLE RIGHT, SINGLE LEFT, DOUBLE RIGHT, SINGLE LEFT, SINGLE RIGHT, DOUBLE LEFT

- 1&      Fan right toe out-in
- 2&      Fan left toe out-in
- 3&4&      Fan right toe out-in-out-in
- 5&      Fan left toe out-in
- 6&      Fan right toe out-in

**7&8&** Fan left toe out-in-out-in

**FORWARD, ROCK, BACK, ROCK, FORWARD, HITCH, FORWARD, HITCH, FORWARD, HITCH, FORWARD, HITCH TURN  $\frac{1}{4}$**

- 1-2** Step right forward, rock back on left
- 3-4** Step right back, rock forward on left
- 5&** Step right forward, raise left knee up in front of right knee
- 6&** Step left forward, raise right knee up in front of left knee
- 7&** Step right forward, raise left knee up in front of right knee
- 8&** Step left forward, raise right knee up in front of left knee turning  $\frac{1}{4}$  left

**The final move has the right foot raised off the floor; the right foot will remain off the floor as you begin again with a kick**

**REPEAT**