

# Mama & Me

Count: 32

Wall: 2

Level: Improver

Choreographer: Gary O'Reilly (IRE) - August 2022

Music: Mamas - Anne Wilson & Hillary Scott



## #16 count intro

### Section 1: FWD, TOUCH, BACK, KICK, BEHIND SIDE CROSS, SIDE ROCK & CROSS, $\frac{1}{4}$ , $\frac{1}{4}$ , CROSS

- 1&2& Step diagonally forward R on R (1), touch L next to R (&), step back on L (2), low kick R to R diagonal (&) (1:30)  
3 & 4 Cross R behind L (3), step L to L side (&), cross R over L (4) (12:00)  
5 & 6 Rock L to L side (5), recover on R (&), cross L over R (6)  
7 & 8  $\frac{1}{4}$  L stepping back on R (7),  $\frac{1}{4}$  L stepping L to L side (&), cross R over L (8) (6:00)

### Section 2: FWD, TOUCH, BACK, KICK, BEHIND SIDE CROSS, SIDE TOGETHER BACK, DIAGONAL SHUFFLE L-R-L

- 1&2& Step diagonally forward L on L (1), touch R next to L (&), step back on R (2), low kick L to L diagonal (&) (4:30)  
3 & 4 Cross L behind R (3), step R to R side (&), cross L over R (4) (6:00)  
5 & 6 Step R to R side (5), step L next to R (&), step back on R (6)  
7 & 8 Step L forward towards L diagonal (7), step R next to L (&), step L forward towards L diagonal (8) (4:30)

### Section 3: CROSS ROCK, SIDE ROCK, SAILOR $\frac{1}{4}$ R, CROSS ROCK, SIDE ROCK, SAILOR $\frac{1}{4}$ L

- 1&2& Cross rock R over L (1), recover on L (&), rock R to R side (2), recover on L (&) (6:00)  
3 & 4 Cross R behind L (3),  $\frac{1}{4}$  R stepping L next to R (&), step R to R side (4) (9:00)  
5&6& Cross rock L over R (1), recover on R (&), rock L to L side (2), recover on R (&)  
7 & 8 Cross L behind R (7),  $\frac{1}{4}$  L stepping R next to L (&), step forward on L (8) (6:00)

### Section 4: MAMBO $\frac{1}{2}$ R, $\frac{1}{2}$ TURNING LOCK STEP, COASTER STEP, SHUFFLE FWD

- 1 & 2 Rock forward on R (1), recover on L (&),  $\frac{1}{2}$  R stepping forward on R (2) (12:00)  
3 & 4  $\frac{1}{4}$  R stepping L to L side (3), cross R over L (&),  $\frac{1}{4}$  R stepping back on L (4) (6:00)  
5 & 6 Step back on R (5), step L next to R (&), step forward on R (6)  
7 & 8 Step forward on L (7), step R next to L (&), step forward on L (8) \*TAG

#### Tags:

\*At the end of Wall 1 facing (6:00), add:

#### Walk R, L Together

- 1 2 Walk forward R (1), step L next to R (2)

\*At the end of Wall 2 facing (12:00) & Wall 5 facing (6:00), add

#### R Jazzbox, R Jazzbox

- 1 2 Cross R over L (1), step back on L (2)  
3 4 Step R to R side (3), step slightly forward on L (3)  
5 6 Cross R over L (5), step back on L (6)  
7 8 Step R to R side (7), step slightly forward on L (8)

\*At the end of Wall 4 facing (12:00) & Wall 6 facing (12:00), add

#### R Jazzbox

- 1 2 Cross R over L (1), step back on L (2)  
3 4 Step R to R side (3), step slightly forward on L (3)

\*listen to the music – you'll hear the tags coming – sing it & enjoy!

**ENDING:** Dance 18 counts of Wall 7, finish the dance facing (12:00) by adding a R sailor  $\frac{1}{2}$  turn R (12:00).

**Contact:**

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