

Mama's Heart Of Gold

Count: 34

Wand: 4

Ebene: Improver

Choreograf/in: Micaela Svensson Erlandsson (SWE) - November 2016

Musik: Mama Courtney - Robert Mizzell



Intro: 36 Count

Section 1: □ Side. Touch. Side. Behind. Side. Cross. Side. Touch. Side. Behind. ¼ Turn right. Step.

- 1&2 Step right to right side. Touch left beside right. Step left to left side.
3&4 Cross right behind left. Step left to left. Cross right over left.
5&6 Step left to left side. Touch right beside left. Step right to right side.
7&8 Cross left behind right. Turn ¼ right stepping forward on right. Step forward on left.

Section 2: □ Mambo Step. Coaster Step. Step. ½ Turn left. ½ Chase Turn left.

- 1&2 Rock forward on right. Recover onto left. Step back on right.
3&4 Step back on left. Step right beside left. Step forward on left.
5-6 Step forward on right. Turn ½ left.
7&8 Step forward on right. Turn ½ left. Step forward on right.

Bridge here: On wall 3 facing 9 O'clock. Wall 6 Facing 12 O'clock. Wall 7 Facing 9 O'clock.

Section 3: □ Rock Step. Shuffle ½ Turn left. Heel Switches. Rock Step.

- 1-2 Rock forward on left. Recover onto right.
3&4 Make a Shuffle ½ turn back over the left shoulder stepping left, right, left.
5&6& Touch right heel forward. Step right in place. Touch left heel forward. Step left in place
7-8 Rock forward on right. Recover onto left.

Section 4: □ Back Shuffle. Coaster Step. Skate. Skate. Right Vaudeville.

- 1&2 Step back on right. Close left beside right. Step back on right.
3&4 Step back on left. Step right beside left. Step forward on left.
5-6 Skate forward on right. Skate forward on left.
7& Cross right foot over left. Step back on the left foot.
8& Touch right heel forward. Step right in place.

Section 5: □ Cross Shuffle.

- 1&2 Cross left over right. Step right foot to right side. Cross left over right.

Bridge: Walk forward on left. Walk forward on right.

On Wall 3 (Facing 9 O'clock) Wall 6 (Facing 12 O'clock) Wall 7 (Facing 9 O'clock)

Tag: After Wall 3 (Facing 3 O'clock)

Right Scissor Step. Left Scissor Step.