

# My Mom

Count: 40

Wand: 2

Ebene: Improver

Choreograf/in: Claudia Arndt (DE) - May 2021

Musik: Mother - Sugarland



**Intro: 16 count on lyrics - 2 tags**

**S1: Walk 2, shuffle forward, heel & touch & heel & touch**

- 1-2 2 steps forward (r - l)
- 3&4 Step R forward, step L next to R, step R forward
- 5& Touch left heel forward and step L beside R
- 6& Touch right toe beside L, step R next to L
- 7&8 Touch left heel forward, step L next to R, touch right toe beside L

**S2: Heel grind turning  $\frac{1}{4}$  r, coaster step, heel grind turning  $\frac{3}{4}$  l, coaster step**

- 1-2 Step right heel forward, turn  $\frac{1}{4}$  to right and step back behind L (3:00)
- 3&4 Step R back, step L beside R, step R forward
- 5-6 Step left heel forward, turn  $\frac{3}{4}$  left and step R back (6:00)
- 7&8 Step L back, step R beside L, step L forward

**S3: Shuffle forward r + l, heel & toe  $-\frac{1}{4}$  turn l- toe & heel**

- 1&2 Step R forward, step L next to R, step R forward
- 3&4 Step L forward, step R next to L, step L forward
- 5&6 Touch right heel forward, step R next to L, touch left toe back
- &7&8 Make a  $\frac{1}{4}$  turn left step L next to R, touch right toe back, step R next to L, touch left heel forward (3:00)

**S4: Rock forward, shuffle back turning  $\frac{1}{2}$  r, rock forward, shuffle back turning  $\frac{1}{2}$  l**

- 1-2 Step R forward, weight back on L
- 3&4 R turn  $\frac{1}{4}$  right, step LF next to R, turn  $\frac{1}{4}$  right forward on R (9:00)
- 5-6 Step L forward, weight back on R
- 7&8 L turn  $\frac{1}{4}$  left, step R next to L, turn  $\frac{1}{4}$  left forward on L (3:00)

**S5: Rock side, behind-side-cross, rock side, behind, unwind  $\frac{3}{4}$  l**

- 1-2 Step R to right, weight back on L
- 3&4 Cross R behind L, step L to left, cross R over L
- 5-6 Step L to left, weight back on R
- 7-8 Cross L behind R and turn  $\frac{3}{4}$  left on both balls (weight on L (6:00))

**Start dancing from the beginning.**

**Tag 1 (after the end of the 2nd and 4th wall, 12:00)**

**T1-1: Rock forward, shuffle back, rock back, shuffle forward**

- 1-2 Step R forward, weight back on L
- 3&4 Step R back, step L next to R, step R back
- 5-6 Step L back, weight back R
- 7&8 Step L forward, step R next to L, step L forward

**Tag 2 (after the end of the 5th wall, 6:00)**

**T2-1: Side/sways**

- 1-2 Step R to right /hips slowly swing to right
- 3-4 Swing weight back on L/hips slowly to left

Contact: [claudia.arndt69@web.de](mailto:claudia.arndt69@web.de)

Last Update - 12 May 2021-R2

---