

# Poor Mama

Count: 24

Wand: 4

Ebene: Beginner

Choreograf/in: Sophie Cournoyer (CAN) - 27 October 2021

Musik: My Poor Mama - Don Amero



Intro : 16 counts

## [1-8] Walk, Walk, Mambo Forward, Back, Back, Syncopated Rock Back, Together

- 1-2 Walk RF forward (1) - Walk LF forward (2)
- 3&4 Rock RF forward (3) - Recover on LF (&) - Step RF back (4)
- 5-6 Walk LF back (5) - Walk RF back (6)
- 7&8 Rock LF back (7) - Recover on RF (&) - Step LF next to RF (8)

## [9-16] 1/8 Turn L with Hip Sway (X2), Heel Strut (X2)

- 1-2 1/8 turn L stepping RF to R and sway hips to R (1) - Sway hips to L (weight on LF) (2)
- 3-4 1/8 turn L stepping RF to R and sway hips to R (3) - Sway hips to L (weight on LF) (4)
- 5-6 Step R heel forward (5) - Drop RF (weight on RF) (6)
- 7-8 Step L heel forward (7) - Drop LF (weight on LF) (8)

## [17-24] Step Pivot ½ Turn L, Shuffle Forward, Out, Out, In, Touch

- 1-2 Step RF forward (1) - Pivot ½ Turn L (weight on LF) (2)
- 3&4 Step RF forward (3) - Step LF next to RF (&) - Step RF forward (4)
- 5-6 Step LF forward on diagonal L (5) - Step RF forward on diagonal R (6)
- 7-8 Step LF back (7) - Touch RF next to LF (8)

No tag, no restart.

Have fun!

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