

# Sweet Mama

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Karen Looker (UK)

Musik: Sweet Mama - Van Zant



## TOUCH SIDE, FRONT, SIDE, FLICK BEHIND, GRAPEVINE RIGHT

- 1-2 Touch right toe to right side, touch right toe in front of left foot  
3-4 Touch right toe to right side, flick right foot behind left knee  
**Option - you can slap your right heel with your left hand as you raise it**  
5-6 Step right to right side, cross left behind right  
7-8 Step right to right side, touch left beside right

## LEFT SIDE TOGETHER, CHASSE LEFT, BACK ROCK, RIGHT SHUFFLE

- 1-2 Step left to left side, step right next to left  
3&4 Step left to left side, close right next to left, step left to left side  
5-6 Rock back on right, recover weight onto left  
**1st tag comes here on wall 3**  
7&8 Step right forward, step left next to right, step right forward

## LEFT FORWARD ROCK, BACK SHUFFLE, BACK ROCK, STEP ¼ LEFT PIVOT

- 1-2 Rock forward on left, recover weight onto right  
3&4 Step left backward, step right next to left, step right backward  
5-6 Rock back on right, recover weight onto left  
7-8 Step right forward, pivot ¼ turn to left

## TOUCH SIDE AND SIDE, TOUCH HEELS FORWARD, STEP ¼ LEFT PIVOT, STOMP, STOMP

- 1& Touch right toe to right side, step right beside left  
2& Touch left toe to left side, step left beside right  
3& Touch right heel forward, step right beside left,  
4& Touch left heel forward, step left beside right  
5-6 Step right forward, pivot ¼ turn left  
7-8 Stomp right foot next to left foot, stomp left foot in place

**2nd tag comes here at the end of the 7th wall**

## REPEAT

### TAG

On the Van Zant track only, danced after count 14 on wall 3 (facing 12:00). Replace forward shuffle counts 7&8 section 2 with:

### STOMP RIGHT THEN LEFT

- 7-8 Stomp right foot in place, stomp left foot in place

Then restart the dance

### TAG

At the end of wall 7 (after count 32 you will turn to face the 12:00 wall. Then add following tag

### 2 X RIGHT JAZZ BOXES

- 1-2 Step right across left, step back on left  
3-4 Step back on right, step left next to right

### REPEAT

There are no tags required when using the Flashdance track