

# Mama Don't Stress Your Mind

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Newcomer

**Choreographer:** Materne Georgette (FR) - July 2017

**Music:** Mama (feat. William Singe) - Jonas Blue



**Intro: 16 counts - No Tag No Restart**

## **BACK ,TOUCH,BACK, TOUCH, COASTER STEP 1/4 TURN R, TOUCH FORWARD,SWIVEL**

1-2 RF step back, LF touch toe forward  
3-4 LF step back, RF touch toe forward  
5&6 RF step back, LF together, RF step forward 3:00  
7&8 LF touch toe forward, LF heel swivel out, LF heel to center

## **COASTER STEP, SIDE TOUCH, SIDE TOUCH, SAILOR STEP, SAILOR STEP 1/4 TURN**

1&2 LF step back, RF together, LF step forward  
3&4 RF touch side right, RF together, LF touch side L  
5&6 LF cross behind, RF step side R, LF step side L  
7&8 RF cross behind 1/4 turn R, LF step side L, RF step side R 6:00

## **SIDE, CROSS, SIDE 1/4 TURN , CROSS, SIDE 1/4 TURN , CROSS, 1/4 TURN ,1/2 TURN**

1-2 LF step side L, RF cross over  
3-4 LF step side 1/4 turn r, RF cross over 9:00  
5-6 LF step side 1/4 turn r, RF cross over 12:00  
7-8 LF step forward 1/4 turn L, 9:00 RF step back 1/2 turn L 3:00

## **LOCK STEP BACK 2x, COASTER STEP, TOUCH FORWARD, SWIVEL**

1&2 LF step back, RF lock , LF step back  
3&4 RF step back, LF lock, RF step back  
5&6 LF step back, RF together, LF step forward  
7&8 RF touch toe forward, RF heel swivel out, RF heel to center

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