

Mama's Best Friend

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 2

Level: Improver waltz

Choreographer: Jeanette Copeman - November 2017

Music: Mama and Jesus - Mike Manuel : (Album: Back In The Country Again)



Intro: 12 Counts

S1: WALTZ FORWARD, WALTZ BACK

1 – 2 – 3 Waltz Forward Stepping Left – Right – Left
4 – 5 – 6 Waltz Back Stepping Right – Left – Right

S2: TWINKLE RIGHT, TWINKLE LEFT

1 – 2 – 3 Cross Left Over Left, Step Right Beside Left, Step Left Beside Right (Travelling Forward)
4 – 5 – 6 Cross Right Over Left, Step Left Beside Right, Step Right Beside Left (Travelling Forward)

S3: WALTZ FORWARD, WALTZ ½ TURN

1 – 2 – 3 Waltz Forward Stepping Left – Right – Left
4 – 5 – 6 Making ½ Turn Left Waltz Back Stepping Right – Left – Right

S4: WALTZ ½ TURN, WALTZ BACK

1 – 2 – 3 Making ½ Turn Left Waltz Forward Stepping Left – Right – Left
4 – 5 – 6 Waltz Back Stepping Right – Left – Right

S5: FORWARD – POINT – POINT, FORWARD – POINT – POINT

1 – 2 – 3 Step Forward On Left, Point Right To Side, Point Right To Side
4 – 5 – 6 Step Forward On Right, Point Left To Side, Point Left To Side

S6: TWINKLE ¼ TURN, TWINKLE

1 – 2 – 3 Cross Left Over Right, Making ¼ Turn Left Step Right Beside Left, Step Left Beside Right
4 – 5 – 6 Cross Right Over Left, Step Left Beside Right, Step Right Beside Left

S7: TWINKLE ¼ TURN, TWINKLE

1 – 2 – 3 Cross Left Over Right, Making ¼ Turn Left Step Right Beside Left, Step Left Beside Right
4 – 5 – 6 Cross Right Over Left, Step Left Beside Right, Step Right Beside Left

S8: FORWARD – POINT – POINT, FORWARD – POINT – POINT

1 – 2 – 3 Step Forward On Left, Point Right To Side, Point Right To Side
4 – 5 – 6 Step Forward On Right, Point Left To Side, Point Left To Side (6 O'Clock)

REPEAT

TAG 1: On Completion Of Walls 1 & 4 (Facing 6 O'Clock) There Is A 3 Count Tag

ROCK RECOVER – TOUCH

1 – 2 – 3 Rock Back On Left, Recover Onto Right, Touch Left Beside Right

TAG 2 & RESTART: On Wall 3 After 1st 6 Counts (Facing 12 O'Clock) There Is A 3 Count Tag Followed By A Restart

SWAY LEFT – RIGHT – HOLD

1 – 2 – 3 Sway Hips Left – Right, HOLD

This dance is dedicated to my friend Jan.

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