

# Mama's Best Friend

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

**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.

Submitted by - phoenix\_adamson09@hotmail.com

