

# Mama Told Me Not To Come

**COPPER** **KNOB**  
BY SHEETS

Count: 32

Wall: 4

Level: Beginner

Choreographer: Marilyn Lowery - January 2019

Music: Mama Told Me (Not to Come) - Three Dog Night



**Alternate Music: I'm Gonna Make You Mine by Lou Christie**  
**Start Dance on "Mama Told Me Not to Come"**

## LINDY TO THE RIGHT & LEFT

- 1 & 2 Triple to Right Side (RLR)
- 3-4 Rock Left Back, Recover on Right
- 5 & 6 Triple to Left Side (LRL)
- 7-8 Rock Right Back, Recover on Left

## 2 TOE STRUTS FORWARD, RIGHT AND LEFT MAMBO

- 1-2 Touch Right Toe Forward, Step down on Heel
- 3-4 Touch Left Toe Forward, Step down on Heel
- 5 & 6 Step Right to Side, Left in Place, Right next to L
- 7 & 8 Step Left to Side, Right in Place, Left next to R

## ROCK RECOVER, 1/2 TURN R WITH TRIPLE, RR, 1/4 TURN L WITH TRIPLE

- 1-2 Rock Forward on Right, Recover on Left
- 3 & 4 1/2 Turn Right with Triple (RLR)
- 5-6 Rock Forward on Left, Recover on Right
- 7 & 8 1/4 Turn Left with Triple (LRL)

## 2 TOE STRUTS FORWARD, RIGHT AND LEFT MAMBO

- 1- 2 Touch Right Toe Forward, Step Down on Heel
- 3-4 Touch Left Toe Forward, Step Down on Heel
- 5 & 6 Step Right to Side, Left in Place, Step Right next to L
- 7 & 8 Step Left to Side. Right in Place, Step Left next to R

Contact: [ladyfish7@frontier.com](mailto:ladyfish7@frontier.com)

---