

Mama Knows (2020)

Count: 64

Wall: 2

Level: Phrased Intermediate

Choreographer: Mariela Barcia (ARG) & Sergio Alejandro (ARG) - May 2020

Music: Mama Knows - Robert Mizzell



Step sheet by: Mariela Barcia

SEQUENCE: A - B - A - B - B - A(26) - A - B - A - B - B - A - B - tag - B - B - B - B - A - B - A(26)

PART A

#1st Sec. STOMP UP, ½ TURN, ROCK, ¾ TURN, HEEL STRUT

- 1-2 stomp up (RF) and ½ turn on to the right
- 3-4 stomp (RF) and touch (LF) beside the right
- 5-6 side rock (LF) and ¾ turn to the left
- 7-8 heel strut (LF)

#2nd Sec. ROCK x 3, ½ TURN STEP, SCUFF

- 1-2 rock step forward (RF) and recover the weight on the left
- 3-4 rock step back (RF) and recover the weight on the left
- 5-6 rock step forward (RF) and recover the weight on the left
- 7 - ½ turn (right back) step (RF)
- 8 - hold

#3rd Sec. STEP LOCK STEP, SCUF, HITCH, ¼ TURN-TOE STRUT

- 1-2 step forward (LF), cross step behind (RF)
- 3-4 step forward (LF) and scuff (RF) beside the left
- 5-6 hitch (RF) and put it down again without touching the floor (keep the weight on the left)
- 7-8 ¼ turn (back) and side toe strut (RF)

#4th Sec. CROSS STEP, FULL TURN, ROCK STEP, HOLD

- 1 - cross step over the right (LF)
- 2 - ¼ turn step to the left (RF)
- 3 - ¾ turn step to the left (LF)
- 4 - hold
- 5 - side rock (RF)
- 6-7 slow recovering of the weight on to the centre
- 8 - hold

PART B

*1st Sec. DIAGONAL, HITCH, JUMPED ROCK, KICK, ½ TURN-TOE, TOE-HEEL ½ TURN STRUT

- 1-2 Jumping, diagonal left back and hook forward (RF) recovering the original wall
- 3-4 Jumping, rock back (RF) and recover the weight on to the left
- 5-6 - kick ½ turn forward (RF) and toe touch behind (RF)
- 7 & 8 Jumping, toe-heel ½ turn (on to the left) and strut (LF)

*2nd Sec. ½ CIRCLE-TOE STRUT x 2

- 1-2 ½ circle forward (RF)
- 3-4 toe strut behind (LF)
- 5-6 ½ turning circle back (RF)
- 7-8 toe strut behind (LF)

*3rd Sec. HEEL x 2, TOE x 2, HEEL x 2, FLICK, STOMP

- 1-2 Jumping, heel forward (RF), heel forward (LF)

- 3-4 Jumping, toe touch diagonally back to the right (RF), toe touch diagonally back to the left (LF)
5-6 Jumping, heel forward (LF), heel forward (RF)
7-8 Jumping, flick and side stomp (LF)

***4th Sec. HEEL-TOE FUN x 3, ½ TURN STOMP, HEEL-TOE FUN x 3, STOMP**

- 1-2-3 side toe – heel – toe swivel (LF)
4 – ½ turn (to the left) and stomp (RF)
5-6-7 side toe – heel – toe swivel (RF)
8 – stomp LF beside the right

Restart. The 3rd Part A has only 26 counts.

Tip: after the count 22 do:

- 23-24 ¼ turn (back to the right) and long side step (RF)
25-26 slide and stomp LF beside the right

Tag. 8 counts: toe - strut x 3 (R-L-R), hold, stomp (LF)

Ending. The last wall is a short Part A, with only 26 counts, so:

After the first 22 counts:

- 23-24 ¼ turn (back to the right) and long side step (RF)
25-26 slide and cross toe touch behind (LF)
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