

Mama's Beat

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Hayley Wheatley (UK) - October 2024

Music: Mama Mia - Phil The Beat



Intro: 16 counts on vocals

Sec 1 Cross L, Side R, Close Lift & Clap, Clap, Cross R, Side L, Close Lift & Clap, Clap,

1,2,3,4 Cross L over R (1), Step Side R (2), Close L next to R lift up on toes & clap hands (3), Clap (4)

5,6,7,8 Cross R over L (5), Step Side L (6), Close R next to L lift up on toes & clap hands (7), Clap (8)

Sec 2 Rock L, Recover R, Ball Cross R, Side L, Behind R, ¼ Left, Fwd R, ½ Pivot L

1,2 Cross rock L over R (1), Recover R (2),

&3,4 Step L next to R (&) Cross R over L (3), Step Side L (4)

5,6,7,8 Cross R Behind L (5), ¼ left Stepping fwd L (6), Step fwd R (7) ½ pivot left on L (8), [3:00]

Sec 3 ½ left Shuffle Back, Rock Back L, Recover R, ¼ right Chasse, L, ½ right Side Rock right, Recover

1&2 ½ left Stepping back R (1), Step L next to R (&), Step back on R (2),

3,4 Rock back L (3), Recover fwd on R (4) [9:00]

5&6 ¼ right Stepping Side L (5), Close R next to L (&), Step Side L (6),

7,8 ½ right hinge rocking side R (7), Recover L (8) [6:00]

Sec 4 Cross R, Hold, Ball Cross R, ¼ back L, Back Rock R, Recover L, Full Turn left

1,2 Cross R over L (1), Hold (2), Step L next to R (&)

3,4 Cross R over L (3), ¼ right Stepping Back L (4) [9:00]

5,6,7,8 Back rock R (5), Recover L (6), ½ left Stepping Back R (7), ½ left Stepping fwd L (8)

Sec 5 Rock R, Recover L, Hop back on R x2, Rock Back L, Recover R, Fwd L, Brush R

1,2 Rock fwd R (1), Recover L (2),

3,4 Hop Back R Hitching L Knee (3), Hop Back R Keeping L Knee Hitched (4)

(Low impact option: Step back R (3), Hitch L knee (4))

5,6,7,8 Rock back L (5), Recover fwd R (6), Step fwd L (7), Brush RF fwd (8)

Sec 6 ¼ Right Jazz box, Walk R, L, Rock Fwd R, Recover L

1,2,3,4 Cross R over L (1), ¼ right Stepping back L (2), Step Side R (3), Drag LF to meet RF, taking weight onto LF (4) [12:00]

5,6,7,8 Walk fwd R (5), Walk Fwd L (6), Rock fwd R (7), Recover back L (8)

Sec 7 Side R, Hold, Ball Side R, Close L, Toe Swishes x2, Tap R, Flick R Behind

1,2 Step Side R (1), Hold (2)

&3,4 Step L next to R (&), Step Side R (3) Step L next to R (4)

5,6 Point R Toe to 1.30 and Sweep across to L (5) Sweep R Toe back out towards 1.30 (6)

7,8 Tap R Toe to Right side (7), Flick R behind L leg (8)

Sec 8 Step Fwd R, Rock Fwd L, Recover R, Back Lock Step, ¼ Right, ¼ Right, ¼ Right

1,2,3 Step Fwd R (1), Rock fwd L (2), Recover Back R (3),

4&5 Step Back L (4), Lock R in front of L (&), Step Back L (5)

6,7,8 ¼ Right Stepping Side R (6), ¼ Right Stepping Side L (7), ¼ Right Stepping Side R (8) [9:00]