

# Mama Ireland

Count: 32

Wall: 4

Level: Intermediate east coast swing

Choreographer: Louise Elfvengren (NOR)

Music: Tell Me Ma - Van Morrison & The Chieftains



## CROSS SHUFFLE, ROCK LEFT RECOVER, CROSS SHUFFLE, ROCK RIGHT RECOVER

- 1&2 Cross right foot over left, step left to left side, cross right over left  
3-4 Rock left foot to left side, recover back to right  
5&6 Cross left foot over right, step right to right side, cross left over right  
7-8 Rock right foot to right side, recover back to left

Restart from here on wall 5 when dancing to "Tell Me Ma"

## SHUFFLE BACK, ROCK BACK RECOVER, SHUFFLE FORWARD, FULL TURN LEFT

- 1&2 Shuffle back right, left, right  
3-4 Rock left foot back, return left beside right  
5&6 Shuffle forward left, right, left  
7-8 Step forward right foot and turn over left shoulder a full turn stepping on left foot

When dancing to "Tell Me Ma", restart from here on wall 4 after performing the 4-count tag

## ROCK RIGHT RECOVER, SYNCOPATED BEHIND-SIDE-SIDE WITH ¼ LEFT TURN, SAILOR TURN ¼ LEFT, ROCK FORWARD RIGHT RECOVER

- 1-2 Rock right foot to right side, recover back to left  
3&4 Step right foot behind left, step left foot to left side, right foot turn ¼ to left and step next to left  
5&6 Left foot behind right, right foot turn ¼ left and step left beside right.  
7-8 Rock right foot forward, recover back beside left.

## HALF SHUFFLE TURN BACK, ROCK FORWARD RECOVER, HALF SAILOR TURN LEFT, KICK, TURN ¼ LEFT

- 1&2 Step right back, left foot makes ¼ turn right and right foot makes the next ¼ turn  
3-4 Rock left foot forward, recover back beside right  
5&6 Step left foot behind right, turn right foot ½ left and step left foot beside right foot.  
7&8 Kick right foot forward, put right foot down and turn ¼ left, step left beside right.

## REPEAT

## TAG

When dancing to "Tell Me Ma", on wall 4, after count 16, do the following and then restart the dance from count 1

## ROCK RIGHT RECOVER, KICK BALL STEP

- 1-2 Rock right foot to right side recover back to left  
3&4 Kick right foot forward, step right foot next to left, step left foot next to right foot.

## RESTART

On wall 5, restart the dance after count 8