

# Mama's Dance

**Count:** 32

**Wall:** 1

**Level:** Beginner

**Choreographer:** Tommy Kuhrt (USA) & Joann Carpenter

**Music:** One Bud Wiser - Gretchen Wilson



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- |     |   |
|-----|---|
| 1&2 | Sailor step back (right, left, right)                               |
| 3&4 | Sailor step back (left, right, left)                                |
| 5   | Right heel forward  |
| 6   | Left heel forward   |
| 7   | Right heel forward  |
| 8   | Step left foot forward next to right                                |
|     |   |
| 1-2 | Right hips bump twice   |
| 3   | Turn ¼ turn right while you bump you left hip once                  |
| 4   | Bump right hip to the right   |
| 5-8 | Grapevine left with a right toe touch next to your left foot        |
|     |   |
| 1-4 | Walk forward right, left, right with a kick with your left foot     |
| 5-8 | Walk backwards left, right, left with a toe touch next to your left |
|     |   |
| 1-4 | Grapevine right switch weight to your left                          |
| 5-8 | Two pivots to your left   |
|     |   |
| 1-2 | Stomp right forward then stomp left forward                         |

**REPEAT**

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