

Sweet Mama

Count: 32

Wall: 2

Level: Improver

Choreographer: Karen Looker (UK)

Music: Sweet Mama - Van Zant



TOUCH SIDE, FRONT, SIDE, FLICK BEHIND, GRAPEVINE RIGHT

- 1-2 Touch right toe to right side, touch right toe in front of left foot
3-4 Touch right toe to right side, flick right foot behind left knee
Option - you can slap your right heel with your left hand as you raise it
5-6 Step right to right side, cross left behind right
7-8 Step right to right side, touch left beside right

LEFT SIDE TOGETHER, CHASSE LEFT, BACK ROCK, RIGHT SHUFFLE

- 1-2 Step left to left side, step right next to left
3&4 Step left to left side, close right next to left, step left to left side
5-6 Rock back on right, recover weight onto left
1st tag comes here on wall 3
7&8 Step right forward, step left next to right, step right forward

LEFT FORWARD ROCK, BACK SHUFFLE, BACK ROCK, STEP ¼ LEFT PIVOT

- 1-2 Rock forward on left, recover weight onto right
3&4 Step left backward, step right next to left, step right backward
5-6 Rock back on right, recover weight onto left
7-8 Step right forward, pivot ¼ turn to left

TOUCH SIDE AND SIDE, TOUCH HEELS FORWARD, STEP ¼ LEFT PIVOT, STOMP, STOMP

- 1& Touch right toe to right side, step right beside left
2& Touch left toe to left side, step left beside right
3& Touch right heel forward, step right beside left,
4& Touch left heel forward, step left beside right
5-6 Step right forward, pivot ¼ turn left
7-8 Stomp right foot next to left foot, stomp left foot in place

2nd tag comes here at the end of the 7th wall

REPEAT

TAG

On the Van Zant track only, danced after count 14 on wall 3 (facing 12:00). Replace forward shuffle counts 7&8 section 2 with:

STOMP RIGHT THEN LEFT

- 7-8 Stomp right foot in place, stomp left foot in place

Then restart the dance

TAG

At the end of wall 7 (after count 32 you will turn to face the 12:00 wall. Then add following tag

2 X RIGHT JAZZ BOXES

- 1-2 Step right across left, step back on left
3-4 Step back on right, step left next to right

REPEAT

There are no tags required when using the Flashdance track