

# Poor Mama

**Compte:** 24

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Sophie Cournoyer (CAN) - 27 October 2021

**Musique:** My Poor Mama - Don Amero



**Intro : 16 counts**

**[1-8] Walk, Walk, Mambo Forward, Back, Back, Syncopated Rock Back, Together**

- 1-2 Walk RF forward (1) - Walk LF forward (2)
- 3&4 Rock RF forward (3) - Recover on LF (&) - Step RF back (4)
- 5-6 Walk LF back (5) - Walk RF back (6)
- 7&8 Rock LF back (7) - Recover on RF (&) - Step LF next to RF (8)

**[9-16] 1/8 Turn L with Hip Sway (X2), Heel Strut (X2)**

- 1-2 1/8 turn L stepping RF to R and sway hips to R (1) - Sway hips to L (weight on LF) (2)
- 3-4 1/8 turn L stepping RF to R and sway hips to R (3) - Sway hips to L (weight on LF) (4)
- 5-6 Step R heel forward (5) - Drop RF (weight on RF) (6)
- 7-8 Step L heel forward (7) - Drop LF (weight on LF) (8)

**[17-24] Step Pivot ½ Turn L, Shuffle Forward, Out, Out, In, Touch**

- 1-2 Step RF forward (1) - Pivot ½ Turn L (weight on LF) (2)
- 3&4 Step RF forward (3) - Step LF next to RF (&) - Step RF forward (4)
- 5-6 Step LF forward on diagonal L (5) - Step RF forward on diagonal R (6)
- 7-8 Step LF back (7) - Touch RF next to LF (8)

**No tag, no restart.**

**Have fun!**

**For more informations : [cournoyer.sophie.sc@gmail.com](mailto:cournoyer.sophie.sc@gmail.com).**

---