

# Back at Mamas

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Andrew Palmer (UK), Sheila Palmer (UK) & Tina Argyle (UK) - May 2016  
音乐: Meanwhile Back at Mama's (feat. Faith Hill) - Tim McGraw : (Album: Sundown Heaven Town)



Intro: □ 32 counts.

“Choreographed for the Costa Brava Line Dance Festival (Palafrugell) 2016”

**#1: Full Circle Turn L – Walk L. Scuff R. Walk R. Scuff L. Shuffle L. Walk R. Scuff L. Walk L. Scuff R. Shuffle R.**

1&2&      Walk Left, scuff Right, walk Right, scuff Left completing a 1/4 turn left (9:00).  
3&4      Shuffle 1/4 turn Left (6:00) L-R-L.  
5&6&      Walk Right, scuff Left, walk Left, scuff Right completing a 1/4 turn Left (3:00).  
7&8      Shuffle 1/4 turn Left (12:00) R-L-R.

**#2: Step-Pivot-Step R. Step-Pivot-Step L. Heel L. Step. Heel R. Step. Walk L. Walk R.**

1&2      Step forward Left, pivot 1/2 turn Right (6:00), step forward Left.  
3&4      Step forward Right, pivot 1/2 Left (12:00), step forward Right.  
5&      Dig Left heel forward, step in place beside Right.  
6&      Dig Right heel forward, step in place beside Left.  
7-8      Walk forward Left, walk forward Right.

**\*\*\* Tag #1: during wall 3 (6:00) then Restart the dance.**

1-2&      Rock forward Left, recover, step ball of Left in place beside Right.  
3-4      Step Right to Right side, touch Left beside Right

**#3: Mambo Forward L. Step sweep back (x3). R Coaster Step. Full Turn Forward R over 2 Counts.**

1&2      Mambo forward Left – on the recover step back Left sweeping Right clockwise.  
3      Step back Right while sweeping Left Anti-clockwise.  
4      Step back Left while sweeping Right clockwise.  
5&6      Right Coaster Step  
7-8      Full turn Right – step back on Left (6:00), step forward on Right (12:00).

**#4: L Diagonal Rock. Recover. L Coaster Step. Step-Pivot 1/2 L. Full Triple-Turn L.**

1-2      Rock forward Left to Left diagonal (10:30), recover.  
3&4      Left Coaster Step.  
5-6      Step forward on Right to the Left diagonal (10:30), pivot 1/2 turn Left (4:30).  
7&8      Full Triple-Turn L – RLR (or easier option shuffle forward on Right).

**#5: L Diagonal Rock. Recover. Behind Side Cross. Rock R. Recover 1/4 L. R shuffle.**

1-2      Rock forward Left to Left diagonal (4:30), recover.  
3&4      Cross Left behind Right, step Right to Right side, cross Left over Right (6:00).  
5-6      Rock Right to side, recover turning 1/4 turn Left (3:00).  
7&8      Shuffle forward Right.

**#6: Cross. Back. Chasse' L. Cross. Back. Slide R. Touch L.**

1-2      Cross Left over Right, step back on Right.  
3&4      Chasse' Left.  
5-6      Cross Right over Left, step back on Left.  
7-8      Step Right to Right side, touch Left beside Right.

**\*\*\*☐Tag #2 during wall 5 (12:00) then Restart the dance.**

1-4                    Sway Left, sway Right, sway Left, and sway Right.

**Last Update - 7th June 2016**

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