

# Mama Don't Stress

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Gemma Ridyard (UK) & Lyn Ridyard (UK) - June 2017  
音乐: Mama (feat. William Singe) - Jonas Blue



(Dance 4 walls of 64 counts; on wall 5 - facing 12:00, dance from counts 33-64)

## S1: Monterey ½ turn R, side rock cross, ¼ ½, ¼ C shape hip bump

- 1-2            Point R toe to R side, make ½ turn R close RF next to LF
- 3&4          Rock LF to L side, replace weight onto RF, cross LF over RF
- 5-6          make a ¼ L step back on RF, make ½ turn L stepping LF forward
- 7&8          make a ¼ turn left as you bump R hip up, bump weight back to LF, make a ¼ turn left as you bump R hip down (3:00)

## S2: Walk walk lock, 2 x bounce unwind ¾ L, house tap ½ turn (monteray ½ turn)

- 1 2&          Step LF forward, step RF forward, lock LF behind RF on toes
- 3-4          unwinding ¾ turn L bouncing heels twice (6:00)
- 5-6          press ball of RF to R side, make a ½ turn R closing RF to LF
- 7-8          press ball of LF to L side, close LF next to RF

## S3: Step RF out cross hands over chest, open both hands to shoulders, bend both knees hands drop to R knee, L heel flick X2, L sailor ½ turn

- 1&2          step RF to R side angling body to 11:30 bring R hand to L shoulder & L hand to R shoulder, angling body to 1:30 bring R hand to R shoulder bring L hand to L shoulder, bend both knees
- 3-4          start to straighten both knees as you pop chest, bend both knees ( Rise & Drop)
- 5&6          Flick L heel to L side, flick L heel in towards RF, flick L heel out
- 7&8          making ½ turn L crossing LF behind RF, step RF to R side, cross LF over RF

## S4: Step touch, step touch, out out in in, walk back with knee pops

- 1-2          step RF to R side, touch LF next to RF (both arms stretched forward, draw left hand into shoulder)
- 3-4          step LF to L side, touch RF next to LF (both arms stretched forward, bend R elbow take R fist behind head)
- 5&6&        step R Heel out to R side, step L Heel out to L side, step RF in, step LF next to RF
- 7-8          step RF back popping L knee forward, step LF back popping R knee forward

(Start wall 5 from here facing 12:00)

## S5: 1/8 Walk 1/8 walk , ¼ shuffle, 1/8 Walk 1/8 walk, ½ shuffle

- 1-2          make 1/8 turn R step RF forward, make 1/8 turn R step LF forward
- 3&4          make a ¼ turn R step RF forward, close LF next to RF, step RF forward
- 5-6          make 1/8 turn R step LF forward, make 1/8 turn R step RF forward
- 7&8          make a ½ turn L step LF back, step RF next to LF , step LF back

## S6: Back sweep x2, sailor ¼ cross, ball cross hold, walk side cross

- 1-2          Step RF back sweeping LF from front to back, step LF back sweeping RF from front to back
- 3&4          making a ¼ turn R cross RF behind LF, step LF to L side, cross RF over LF
- &56          step ball of LF to L side, cross RF over LF, hold
- 7-8          step LF to L side, cross RF over LF (pop chest as you push hands forward)

## S7: Syncopated side rocks, sailor ½ turn R, LF forward rock

- 1 2&          Rock LF to L side, replace weight onto RF, close LF next to RF
- 3-4          Rock RF to R side, replace weight onto LF
- 5&6          making ½ turn R crossing RF behind LF, step LF to L side, step RF to R side

7-8 rock LF forward, replace weight onto RF  
**S8: Swivel walks back X2, coaster step, point & point & point touch hitch**  
1-2 step back on LF swivelling RF, step back on RF swivelling LF  
3&4 step back on LF, close RF next to LF, step LF forward  
5&6& point RF to R side, close RF next to LF, point LF to L side, close LF next to RF  
7&8 point RF to R side, touch R toe next to LF, hitch R knee forward

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