

# Mama - No Stress!

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: High Beginner Cha Cha  
编舞者: Inge Vestergård (DK) - November 2017  
音乐: Mama (feat. William Singe) - Jonas Blue



**Intro: 16 counts intro. Start with weight on L foot.**

**S1: Side Step R, Cross Rock, Chassé L, R Cross, Side, R ¼ Sailor**

1-3            Step R to R side, L Cross Rock over R, Recover on R,  
4&5           Step L to side, Step R next to L, step L to side  
6-7           Cross R over L, Step L to L Side,  
8&1           Cross R behind L, turn ¼ R stepping L to L side, Step R to R side (3.00)

**S2: 2 x Cross Point, Cross, Back, Chasse 1/ 4 Turn L**

2-3           Cross L over R, Point R to side  
4-5           Cross R over L, Point L to side  
6-7           Cross L over R, Step R back  
8&1           Step L to side, Step R next to L, Step ¼ L stepping fwd on L (12.00)

**S3: 2 x Walk, R Mambostep, 2 x Walk Back, L Coaster Cross**

2-3           Walk R fwd, Walk L fwd  
4&5           Rock R fwd, Recover on L, Step R back  
6-7           Step L back, Step R back  
8&1           Step L back, Step R beside L, Cross L in front of R

**S4: 2 x Sway, Behind Side Cross, ¼ Monterey L, Touch**

2-3           Step R to side with Sway R, Step L to side with Sway L  
4&5           Cross R behind L, Step L to Side, Cross R over L  
6-7           Point L to L side, 1/4 turn R stepping L beside R (9.00)  
8&           Point R to R Side, Touch R beside L.

**Ending: After finishing Wall 9 starting on 12 ó Clock, you simply turn ¼ R stepping forward on R.**

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