

# Mama Told Me Not To Come

**COPPER** KNOB  
STEPPERS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Marilyn Lowery - January 2019  
音乐: Mama Told Me (Not to Come) - Three Dog Night



**Alternate Music: I'm Gonna Make You Mine by Lou Christie**  
**Start Dance on "Mama Told Me Not to Come"**

## **LINDY TO THE RIGHT & LEFT**

1 & 2                      Triple to Right Side (RLR)  
3-4                      Rock Left Back, Recover on Right  
5 & 6                      Triple to Left Side (LRL)  
7-8                      Rock Right Back, Recover on Left

## **2 TOE STRUTS FORWARD, RIGHT AND LEFT MAMBO**

1-2                      Touch Right Toe Forward, Step down on Heel  
3-4                      Touch Left Toe Forward, Step down on Heel  
5 & 6                      Step Right to Side, Left in Place, Right next to L  
7 & 8                      Step Left to Side, Right in Place, Left next to R

## **ROCK RECOVER, 1/2 TURN R WITH TRIPLE, RR, 1/4 TURN L WITH TRIPLE**

1-2                      Rock Forward on Right, Recover on Left  
3 & 4                      1/2 Turn Right with Triple (RLR)  
5-6                      Rock Forward on Left, Recover on Right  
7 & 8                      1/4 Turn Left with Triple (LRL)

## **2 TOE STRUTS FORWARD, RIGHT AND LEFT MAMBO**

1- 2                      Touch Right Toe Forward, Step Down on Heel  
3-4                      Touch Left Toe Forward, Step Down on Heel  
5 & 6                      Step Right to Side, Left in Place, Step Right next to L  
7 & 8                      Step Left to Side. Right in Place, Step Left next to R

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