

# Jesus and My Mama

COPPER KNOB  
STEPSHEETS

拍数: 40                      墙数: 4                      级数: Improver  
编舞者: Elisabeth Elkuch-Heid (CH/LIE) - July 2020  
音乐: Jesus & My Mama - Gabby Barrett



## [1-8] Kick R ( Arms up) Ball Touch L Side (Arms down), Kick L (Arms up), Ball Touch R Side (Arms down), Step R Fwd, 1/2 Turn L, Full Turn L (R,L) (6)

1&2                      Kick R Fwd (Arms up), Step R next to L, Touch L to left side (Arms down)  
3&4                      Kick L Fwd (Arms up), Step L next to R, Touch R to right side (Arms down)  
5,6                      Step Fwd R, 1/2 Turn L (Weight L)  
7,8                      Full Turn L with R, L

## [9-16] R Heel Fwd, Hook, Back R, Kick L, Hook, Back, Bend Both Knees To Right Side, Straighten Up both Knees and Turn 1/4 left (3)

1&2                      R Heel Fwd, R Hook L, R Heel Fwd  
&                          R Back to Center and Kick L Fwd  
3&4                      L Hook R, Kick L Fwd, Step L Down  
5,6                      Bend both Knees to right, and up again with 1/4 Turn L (Weight L)  
7&8                      1/2 Turn Shuffle left with: R-L-R (slightly back)

## [17-24] Coaster Step, Walk, Walk, Mambo 1/2 Turn R, Shuffle 1/2 Turn Right (9)

1&2                      Step L Back, Step R next to L, Step L Fwd  
3,4                      Walk Fwd R, L  
5&6                      Step R Fwd, Recover L, 1/2 Turn R and Step Fwd on R  
7&8                      Shuffle 1/2 Turn R: L-R-L

## [25-32] R Heel Fwd & Toe Back L, 1/4 Turn L - Back Toe R & L Heel Fwd - Repeat

1&2                      Touch R Heel Fwd, Back to Center, Touch L Toe Back  
&3&4                      Back to Center, 1/4 Turn L and Touch R Toe Back, Back to Center, Touch L Heel Fwd  
&5&6&                      Back to Center, Touch R Heel Fwd, R to Center, Touch L Toe Back, L to Center  
7&8&                      1/4 Turn L and Touch R Toe Back, R to Center, Touch L Heel Fwd, L to Center

## [33-40] Diagonal Lock Steps R With Scuff, Diagonal Lock Steps L With Touch (3)

1-4                      Step R diagonal Fwd, L next to R, Step Fwd R, Scuff L

**During Walls 3. (9) und 5. (3) Wand stop here and substitute count 4 with Step L next to R (Step Change) - and restart the dance**

5-8                      Step L diagonal Fwd, R next to L, Step Fwd L, Touch R next to L (3)

**Tag: After Wall 2**

**(6) add these steps:"**

## [1-8] Heel Hook Heel Flick, Cha Cha Cha in Place R & L

1&2&                      Touch R Heel Fwd, R Hook F, Touch R Heel Fwd, Flick R  
3&4                      Triple Steps in Place: R-L-R  
5&6&                      Touch L Heel Fwd, L Hook R, Touch L Heel Fwd, Flick L  
7&8                      Triple Steps in Place: L-R-L

## [9-16] Rock Fwd Recover Coaster Step R & L

1,2                      Step R Fwd, Recover L  
3&4                      Step R Back, Step L next to R, Step R Fwd  
5,6                      Step L Fwd, Recover R  
7&8                      Step L Back, Step R next to L, Step L Fwd

