

# Poor Mama

拍数: 24      墙数: 4      级数: Beginner  
编舞者: Sophie Cournoyer (CAN) - 27 October 2021  
音乐: My Poor Mama - Don Amero



Intro : 16 counts

**[1-8] Walk, Walk, Mambo Forward, Back, Back, Syncopated Rock Back, Together**

1-2            Walk RF forward (1) - Walk LF forward (2)  
3&4           Rock RF forward (3) - Recover on LF (&) - Step RF back (4)  
5-6           Walk LF back (5) - Walk RF back (6)  
7&8           Rock LF back (7) - Recover on RF (&) - Step LF next to RF (8)

**[9-16] 1/8 Turn L with Hip Sway (X2), Heel Strut (X2)**

1-2            1/8 turn L stepping RF to R and sway hips to R (1) - Sway hips to L (weight on LF) (2)  
3-4            1/8 turn L stepping RF to R and sway hips to R (3) - Sway hips to L (weight on LF) (4)  
5-6            Step R heel forward (5) - Drop RF (weight on RF) (6)  
7-8            Step L heel forward (7) - Drop LF (weight on LF) (8)

**[17-24] Step Pivot ½ Turn L, Shuffle Forward, Out, Out, In, Touch**

1-2            Step RF forward (1) - Pivot ½ Turn L (weight on LF) (2)  
3&4            Step RF forward (3) - Step LF next to RF (&) - Step RF forward (4)  
5-6            Step LF forward on diagonal L (5) - Step RF forward on diagonal R (6)  
7-8            Step LF back (7) - Touch RF next to LF (8)

No tag, no restart.

Have fun!

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