

# Mamas

拍数: 32      墙数: 2      级数: Improver  
编舞者: Paolo Bernasconi (CH) - October 2022  
音乐: Mamas (feat. Hillary Scott) - Anne Wilson



Intro : 23 sec, start on Lyrics

**[1-8] KICK R, STEP BACK, KICK L, STEP BACK, FLICK R, STOMP, R HEEL FAN, HEELS SWIVEL**

- 1-2      kick R fwd, step R back [12.00]
- 3-4      kick L fwd, step L back
- 5-6      kick R back, stomp R fwd
- 7-8      swivel R toe out, swivel both heels left (¼ turn to right) [3.00]

**[9-16] PART RUMBA BOX BACK, ¼ PIVOT, PART RUMBA BOX RIGHT, SCUFF**

- 1-2      L to left, R next to L
- 3-4      step L back, ¼ turn to right on L and flick R [6.00]
- 5-6      step R to right, step L next to R
- 7-8      step R fwd, scuff L next to R

**Restart here during 5th and 11th repetition**

**[17-24] JUMP, ROCK BACK, STOMP R X 2, HEELS TWIST, PIVOT, SIDE**

- 1-2      jump L fwd and touch R next to L, jump R back and kick L fwd
- 3-4      jump back on L and stomp R next to L, stomp R fwd
- 5-6      swivel both heels to right, swivel both heels back to left (final weight on left)
- 7-8      ½ pivot on L to the right, step R to side [12.00]

**[25-32] CROSS, SIDE ROCK CROSS, ROCK STEP, ½ PIVOT, STOMP UP**

- 1-2      cross L over R, step R to right
- 3-4      weight back on L, step R fwd
- 5-6      step L fwd, weight back on R with ½ turn to the left [6.00]
- 7-8      step L in place, stop R up beside L

**Repeat**

**Restart: During 5th and 11th repetition, after 16 counts**

**TAG 1 (4 counts) at the end of 2nd repetition**

**[1-4] TOE STRUTS R & L**

**TAG 2 (8 counts) at the end of 12th repetition**

**[1-8] TOE STRUTS R & L, HEEL TOUCHES R & L**