

# Mamma (Mother)

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate NC2S  
编舞者: Charles Alexander (SWE) - January 2023  
音乐: Mamma - Albin Lee Meldau : (CD: Så Mycket Bättre 2022 -Tolkningarna)



Intro: 16 counts, approx. 14 sec – 68 bpm

## [1 – 8] BACK ROCK, HITCH FULL TURN, JAZZ BOX, CROSS, BASIC, LUNGE, ¼ TURN, ½ TURN

1-2              Rock R back. Make a full turn left and recover onto L while hitching R.

(Easy option: Omit the full turn and just hitch R.)

3&4&            Cross R over L. Step L back. Step R to side. Cross L over R.

5-6&            Step R to side. Cross L slightly behind R. Cross R over L.

7-8&            Lunge L to side. Recover onto R making 1/4 turn right. Make 1/2 turn right and step L back. [9:00]

## [9 – 16] COASTER STEP, OUT-OUT, RUN L-R, BACK w/SWEEP L-R, BEHIND-SIDE-CROSS-SIDE ¼ TURN ARC

1&2              Step R back. Step L beside R. Step R forward.

3&4&            Step L forward and out. Step R forward and out. Step L back. Step R back.

(Optional styling 3&: Step up on toes.)

5-6              Step L back sweeping R from front to back. Step R back sweeping L from front to back.

7&8&            While turning 1/4 left in an arc: Cross L behind R. Step R to side. Cross L over R. Step R to side. [6:00]

## [17 – 24] CROSS w/SWEEP, CROSS-SIDE, BACK ROCK, RUN R-L w/KICK, BACK, 3/8 TURN, STEP, STEP, TURN ½

1-2&            Cross L over right sweeping R from back to front. Cross R over L. Step L to side.

3-4              Open up to 7:30 and rock R back. Recover onto L.

&5              Step R forward. Step L forward and kick R forward with straight leg. [7:30]

6&7            Step R back. Make 3/8 turn left and step L forward. Step R forward. [3:00]

8&              Step L forward. Make 1/2 turn right taking weight on R. [9:00]

## [25 – 32] WALK L-R, STEP, ½ TURN, ½ TURN, COASTER STEP, STEP, ROCK-RECOVER

1-2              Step L forward. Step R forward.

3&4            Step L forward. Make 1/2 turn right taking weight on R. Make 1/2 turn right and step L back. [9:00]

5&6            Step R back. Step L beside R. Step R forward.

7-8&            Step L forward. Rock R forward. Recover onto L.

Tag: After wall 2 (facing 6:00)

## [1-4] REVERSE ROCKING CHAIR

1-4              Rock R back. Recover onto L. Rock R forward. Recover onto L.

Last Update: 22 Jan 2023