

# Mama

拍数: 56

墙数: 4

级数: Low Intermediate - Soul Rock  
Country WCS



编舞者: Claudia Beeler (CH) - June 2024

音乐: Mama - Carmen Fenk

Phrasing 56 – 32 – 56 – 56 – 8 – 32 – 32 – 32

Intro 36 Counts

## [1 – 8] Walk Back R L, Coaster Step R, ¼ Pivot R, Cross Shuffle L

1, 2 RF Step back (1), LF Step back (2),  
3&4 RF Step back (3), LF close tog. RF (&), RF Step fwd. (4)  
5, 6 LF Step fwd. (1), ¼ Turn R change Weight to RF (6) (3:00)  
7&8 LF Step cross in Front RF (7), RF close tog. LF (&), LF Step cross in Front RF

## [9 – 16] ¼ Turn L Step Back, ¼ Turn L Step L, Cross Samba, Cross ¼ Turn L, Close Hop Hop L

1, 2 ¼ Turn L RF Step back (1) (12:00), ¼ Turn L LF Step L (2) (9:00)  
3&4 RF Step cross in Front LF (3), LF Step L (&), RF Step R (4)  
5, 6 LF Step cross in Front RF (5), ¼ Turn L RF Step back (6) (6:00)  
7&8 LF close tog. RF (7), Hop L 2x (&8)

## [17 – 24] Cross Sweep, Cross Side Behind, Diagonal Back R, 1/8 Turn L Side Step L, Cross Rock Side R

1, 2 RF Step cross in Front LF (1), LF Sweep from Back to Front (2)  
3&4 LF Step cross in Front RF (3), RF Step R (&), LF Step behind RF (4) (4:30)  
5, 6 RF Step diagonal back (5), 1/8 Turn L LF Step L (6) (3:00)  
7&8 RF Step cross in Front LF (7), Weight back to LF (&), RF Step R (8)

## [25 – 32] Cross Rock, Chasse L, Cross Turn ¼ R Step Back, Side Chasse ¼ Turn R

1, 2 LF Step cross in Front RF (1), Weight back to RF (2)  
3&4 LF Step L (3), RF close tog. LF (&), LF Step L (4)  
5, 6 RF Step cross in Front LF (5), ¼ Turn R LF Step back (6) (6:00)  
7&8 RF Step R (7), LF close tog. RF (&), ¼ Turn R RF Step fwd (8) (9:00)

Restart LF close tog. RF (&)

## [33 – 40] Front Rock LF, Shuffle Back L, Coaster Step R, Full Turn R

1, 2 LF Step fwd (1), Weight back to RF (2)  
3&4 LF Step back (3), RF close tog. LF (&), LF Step back (4)  
5&6 RF Step back (5), LF close tog. RF (&), RF Step fwd (6)  
7, 8 ½ Turn R LF Step back (7) (3:00), ½ Turn R RF Step fwd (8) (9:00)

## [41 – 48] Step fwd LF, Sweep RF ¼ Turn L, Cross Samba, Triangle

1, 2 LF Step fwd (1), RF Sweep ¼ Turn L (2) (6:00)  
3&4 RF Step cross in Front LF (3), LF Step L (&), Weight back to RF (4)  
5-8 LF Step cross in Front RF (5), RF Step back (6), LF Step L (7), RF close tog. LF (8)

## [49 – 56] Front Mambo Step L, Coaster Step R, Pivot ½ Turn R, Full Turn R Close LF tog.

1&2 LF Step fwd (1), Weight back to RF (&), LF Step back (2)  
3&4 RF Step back (3), LF close tog. RF (&), RF Step fwd (4)  
5, 6 LF Step fwd (5), ½ Turn R change Weight to RF (6) (6:00)  
7&8 ½ Turn R LF Step back (7) (12:00), ½ Turn R RF Step fwd (&) (6:00) LF close tog. RF (8)

Be Happy and Dance

