

# Mama

拍数: 48      墙数: 2      级数: Improver waltz  
编舞者: Gloria Bracegirdle (AUS)  
音乐: Mama - John Stephan



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## STEP FORWARD, TOUCH, HOLD, STEP FORWARD, TOUCH, HOLD

1-2-3      Step forward on right, touch left to left side, hold  
4-5-6      Step forward on left, touch right to right side, hold

## SIDE, ROCK, RECOVER, SIDE, ROCK, RECOVER

7-8-9      Step right to right side, rock left behind right, recover weight on right  
10-11-12      Step left to left side, rock right behind left, recover weight on left

## VINE RIGHT, SWAY LEFT, RIGHT, LEFT

13-14-15      Step right to right side, step left behind right, step right to right side  
16-17-18      Sway hips left, right, left

## FORWARD ROLL TO RIGHT, STEP FORWARD, TOUCH, HOLD

19-20-21      Full turning right, roll forward stepping right, left, right

### Easier option:- waltz forward right, left, right

22-23-24      Step forward on left, touch right to right side, hold

## 2 X SLOW SAILOR STEPS TRAVELING BACK

25-26-27      Step right behind left, step left to left, step right to right side  
28-29-30      Step left behind right, step right to right, step left to left side

## BEHIND VINE TO LEFT, ½ TURN, STEP TOGETHER

31-32-33      Step right behind left, step left to left side, step right in front of left  
34-35-36      Step back on left, turning ¼ turn right, step right to right turning ¼ turn right, step left together

## FORWARD WALTZ, BACK WALTZ

37-38-39      Step forward on right, step forward on left, step right together  
40-41-42      Step back on left, step back on right, step left together

## SIDE, TOUCH, FLICK, SIDE, TOUCH, FLICK

43-44-45      Step right to right side, touch left next to right, flick left up behind right knee  
46-47-48      Step left to left side, touch right next to left, flick right up behind left knee

## REPEAT

## OPTIONAL ENDING

### Dance up until beat 15 (vine to right) facing back wall

1-2-3      Step forward on left, pivot ½ turn right to front (taking weight on right foot), step forward on left  
4-5-6      Step forward on right, step left next to right, touch right next to left

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