

# Mamma Don't Dance

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
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音乐: Your Mama Don't Dance - Loggins & Messina



## STEP, KICK, BACK, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-2      Step forward with left foot, kick right foot forward  
3-4      Step back with right foot, touch left beside right  
5-6      Step left foot to left side, touch right beside left  
7-8      Step right foot to right side, touch left beside right

## BALL, CROSS, HOLD, KICK, BALL, CROSS, HOLD, SIDE ROCK, ¼ TURN LEFT

&1-2      Step ball of left foot slightly back, step right foot across front of left, hold  
3      Step left foot to left side  
4&5      Kick right foot to right forward diagonal, step back on ball of right, step left across front of right  
6      Hold  
7-8      Rock right foot to right side, recover weight to left foot turning ¼ left

## KNEE IN, OUT, IN, OUT, IN, OUT, ROCK BACK, RECOVER

**Over the next 6 counts, the weight should be gradually pressed forward for approximately 3 counts and then recovering back gradually for the next 3 counts**

1-2      Place ball of right foot forward, bend right knee, turn right knee in, turn right knee out  
3-4      Turn right knee in, turn right knee out  
5-6      Turn right knee in, return right knee to center, shifting all weight back to left foot  
7-8      Rock back with right foot, replace weight forward to left foot

## ½ TURN, ½ TURN, TRIPLE FORWARD, JAZZ BOX, ¼ TURN LEFT

1-2      Turn ½ left on left foot, step back on to right, turn ½ left on right foot, step forward onto left  
3&4      Step forward with right foot, step together with left, step forward with right  
5-6      Step left foot across front of right, step back with right turning ¼ left  
7-8      Step left foot to left side, touch right beside left

## VINE RIGHT, ¼ TURN RIGHT, TOUCH, SYNCOPATED JUMPS LEFT TWICE

1-4      Step right foot to right side, step left foot crossed behind right, turn ¼ right, step forward with right, touch left beside right  
&5-6      Step left foot to left side, step together with right, hold  
&7-8      Step left foot to left side, touch right beside left, hold

## STEP, ½ TURN LEFT, STEP, ½ TURN LEFT, OUT, OUT, HOLD, ELVIS KNEES RIGHT, LEFT

1-2      Step forward with right, turn ½ left, shift weight forward to left foot  
3-4      Step forward with right, turn ½ left, shift weight forward to left foot  
&5-6      Step right foot to right side, step left foot to left side, hold  
7-8      Turn right knee in Elvis style, switch to left knee in Elvis style

**You are now facing ¼ left from original wall**

**REPEAT**