

# Tell Mama

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Mark Simpkin (AUS) & Robin Imms (AUS)  
音乐: Tell Mama - Lorraine Delaney



- 1&2      Step right beside left, step ball of left to left side, replace weight to right  
3&4      Step left behind right, step ball of right to right side, replace weight to left (sailor shuffle)  
5-8      Step right to right side, slide left beside right, step right to right side, scuff left at 45 degrees right
- 1-3      Rock/step left over right at 45 degrees right, rock back on right, step left into ¼ turn left  
&4      Step onto ball of right slightly forward starting a ¾ turn left, step onto left completing the turn  
5-6      Step/rock right to right side, replace weight to left  
7&8      Step right behind left, step ball of left to left side, replace weight to right (sailor step)
- &1-2      Step left beside right, touch right toe to right side, hold  
&3-4      Step right beside left, touch left to left side, hold  
&5&6      Step left beside right, touch right to t side, step right beside left, touch left to left side  
&7-8      Step left beside right, touch right toe to right side, step forward on right
- 1-2      Step forward on left, turn ¼ turn left & rock right to right side  
3&4      Shuffle to left side left-right-left turning ¼ turn left on last step of shuffle  
5-6      Turn ½ turn left & step back on right, step back left  
7&8      Step right back, step left beside right, step forward on right (coaster step)
- 1&2      Shuffle to left side left-right-left turning ¼ turn left on count 2  
3-4      Traveling forward step right-left turning a full turn left  
5&6      Shuffle forward left-right-left  
7-8      Traveling forward step left-right turning a full turn right
- 1-2      Step/rock forward on left, rock back onto right  
3&4      Coaster step - step back on left, step right beside left, step forward on left  
5-6      Step right foot forward, step left beside right  
7&8      Hold, step ball of right to right side, step left to left side

**REPEAT**

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