

# Mama

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Hiroko Carlsson (AUS) - July 2017  
音樂: Mama (feat. William Singe) - Jonas Blue : (iTunes)



(Intro: 16 count)

**[S1] Step Pivot 1/2L, Fwd, Fwd, Step Paddle 1/4L, Fwd, Fwd**

1 2            Step R fwd, Turning 1/2L weight on L  
3 4            Step R fwd, Step L fwd  
5 6            Step R fwd, Turning 1/4L weight on L  
7 8            Step R fwd, Step L fwd (3:00)

**[S2] Cross, Back, Box Step w/ Cross, Dip, Replace**

1 2            Cross R over L, Step L back  
3 4            Cross R over L, Step L back  
5 6            Step R to right side, Cross L over R  
7 8            Dip (pop both knees), Recover (3:00)

**[S3] Side Shuffle, Sailor Step, Sailor 1/4R, Fwd, Fwd**

1&2           Step R to right side, Step L close to R, Step R to right side  
3&4           Cross L behind R, Step R to right side, Step L to left side  
5&6           Cross R behind L, Turning 1/4R step L beside R, Step R fwd (6:00)  
7 8            Walk-Walk LR

**[S4] 1/4R Side, Hold, &, Side, Touch Behind, R Side Roll, 1/4L**

1 2&           Turning 1/4R step L to left side, Hold, Step R next to L (9:00)  
3 4            Step L to left side, Touch R behind L  
5 6            Turning 1/4R step R fwd, Turning 1/2R step L back  
7 8            Turning 1/4R step R to right side (9:00), Turning 1/4L weight on R\*\* (6:00)

**[S5] Samba Step, Turning Shuffle RL, Cross Samba Step**

1&2           Step L fwd, Step R to right side, Recover weight on L  
3&4           Turning 1/2L step R back, Step L close to R, Step R back  
5&6           Turning 1/2L step L fwd, Step R close to L, Step L fwd  
7&8           Cross R over L, Step L to left side, Recover weight on R (6:00)

**[S6] Cross, Side, 1/4L Sailor Step, 1/4L Dip-Point, Dip-Point**

1 2            Cross L over R, Step R to right side  
3&4           Turning 1/4L step L back, Step R next to L, Step L fwd (3:00)  
5 6            Turning 1/4L step R to right side and dip, Point L to left side (12:00)  
7 8            Step L to left side and dip, Point R to right side

**[S7] Fwd Rock, &, Back, Back, 3x L Heel Twist, Kick**

1 2&           Rock/step R fwd, Recover weight on L, Step R next to L  
3 4            Step L back, Step R back  
5&6&          L heel in, L heel out, L heel in, L heel out (L toe point fwd and swivel L heel RLRL)  
7 8            L heel in, Kick L fwd (12:00)

**[S8] Back, Back Rock, Fwd, Shuffle Fwd, Step Pivot 1/2L**

1 2            Step L back, Step R back  
3 4            Recover weight on R, Step R fwd  
5&6           Step L fwd, Step R next to L, Step L fwd

7 8            Step R fwd, Turning 1/2L weight on R (6:00)

**Restart: Wall 4 count 32\*\* (12:00)**

**(Updated: 10/July/17)**

**Please contact me if you have any inquiry. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))**

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