

# No Stress Mama

COPPER KNOB  
STEP SHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Brenda Shatto (USA) - October 2017  
音樂: Mama (feat. William Singe) - Jonas Blue : (Single)



**Note: No Tags Or Restarts. Makes a great floor split for Shane McKeever's dance No Stress.**  
**Intro: 16 counts, 10 seconds, start on lyrics. Weight on left.**

**[1-8] R triple forward, rock L, recover R, step back L, touch R, back R, touch L**

1&2      Forward R, L next to R heel, forward R (shuffle) [12:00]  
3,4      Rock forward L, recover R  
5,6,7,8      Step left back, touch right forward, step R back, touch L forward (option: bump on 6,8)

**[9-16] Walk L,R, ¼ right step L side, R together, walk L,R, rock L, recover R**

1,2      Walk forward L, R  
3      Pivot ¼ right on R as you step L to left side (L foot steps sideways toward - 12:00),  
4      Drag ball of R toward L and step on R [3:00]  
5,6,7,8      Walk forward L, R, rock forward on L, recover back to R

**[17-24] Step back L, R heel drag, rock back R, recover L, ½ turn left paddles x4**

1,2,3,4      Large step back on L, drag R heel toward L, rock back R, recover L  
5,6,7,8      Press R to right side and make ⅙ turn left to 1:30, repeat to 12:00, 10:30, and 9:00 for a total of ½ turn left (weight L) [9:00]

**[25-32] R cross, L side, R coaster, L cross, R side, L coaster**

1,2,3&4      Step R across L, L to left side, R back (slight diagonal), L next to R, R forward [10:00]  
5,6,7&8      Step L across R, R to right side, cross L back (square up), R next to L, L forward [9:00]

**Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original format.**

**Contact the choreographers with your questions.**

**brendas@winecountrylinedance.com ~ lynncard28@gmail.com**