

# Mama Tried

拍數: 32      牆數: 2      級數: High Beginner  
編舞者: Randi Kvist Gislinge (DK) - November 2018  
音樂: Mama Tried - George Canyon



**Start: 16 count from start at the Guitar.**

**Restart wall 4 after 16 counts – notice that the dance will turn from here.**

**S1. Walk fwd. R & L, R shuffle fwd. Step ½ turn R, step ¼ turn R.**

1-2            Step fwd. R, step fwd. L  
3&4           Step fwd. R, step L beside R, step fwd. R  
5-6           Step fwd L turn ½ R, place weight on R (6)  
7-8           Step fwd. L turn ¼ R, place weight on R (9)

**S2. L Cross and Heel, R Cross and Heel, walk L-R, L side mambo**

1&2&        Cross step L over R, step R to R side, L heel dig, L beside R  
3&4&        Cross step R over L, step L to L side, R heel dig, R beside L  
5-6           Walk L and R  
7&8           Step L to L side, Recover weight on R, step L beside R

**Restart - wall 4**

**S3. R heel-hook-heel-flick R shuffle fwd., L heel-hook-heel-flick L Shuffle fwd.**

1&2&        Touch R heel fwd., hook R heel in front of L, touch R heel fwd., flick R heel back  
3&4           Step fwd. R, step L beside R, step fwd. R  
5&6&        Touch L heel fwd., hook L heel in front of R, touch L heel fwd., flick L heel back  
7&8           Step fwd. L, step R beside L, step fwd. L

**S4. Step 1/4 turn L, Cross shuffle R, L side Rock, L coaster**

1-2           Step fwd R turn 1/4 L, place weight on L  
3&4           Step R across L, step L beside R, step R across L  
5-6           Rock L to L side, recover weight R  
7&8           Step L back, step R beside L, step L fwd.

**Last Update – 16th Jan. 2019**

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