

# The Only Mama

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Beatriz Gonzalez Paradell (UK) - May 2020  
音樂: The Only Mama That'll Walk the Line - LeAnn Rimes



Intro: 32 count intro

## [1-8] GRAPEVINE TO RIGHT, GRAPEVINE TO LEFT

1-2            RT foot step right, LT foot cross behind RT foot  
3-4            RT foot step right, LT foot touch together  
5-6            LT foot step left, RT foot cross behind LT foot  
7-8            LT foot step left, RT foot touch together

## [9-16] STOMP RIGHT, SWIVEL HEEL, TOE, HEEL, STOMP LEFT, SWIVEL HEEL, TOE, HEEL

9-10           Stomp right foot forward to right diagonal, swivel left heel towards right heel  
11-12          Swivel left toe towards right heel, swivel left heel towards right heel  
13-14          Stomp left foot forward to left diagonal, swivel right heel towards left heel  
15-16          Swivel right toe towards left heel, swivel right heel towards left heel

\*Restart on wall 2 after 16 counts.

## [17-24] LOCK STEP, SCUFF, LOCK STEP, SCUFF

17-18          RT foot step forward, LT foot cross behind RT foot  
19-20          RT foot step forward, LT foot scuff forward  
21-22          LT foot step forward, RT foot cross behind RT foot  
23-24          LT foot step forward, RT foot scuff forward

## [25-32] FORWARD, ½ TURN, FORWARD, HOLD, ¾ TURN, CROSS, HOLD

25-26          RT foot step forward, ½ turn anticlockwise (06:00)  
27-28          RT foot step forward, hold  
29-30          ½ turn clockwise (12:00), ¼ turn clockwise (03:00)  
31-32          LT foot cross over RT foot, Hold

## [33-40] SIDE TOE STRUT, CROSS TOE STRUT, ROCK RECOVER, CROSS, HOLD

33-34          Right ball to right side, drop right heel on the floor  
35-36          Left ball cross over right, drop left heel on the floor  
37-38          Rock side on right, recover on left  
39-40          RT foot cross over LT foot, Hold

## [41-48] SIDE TOE STRUT, CROSS TOE STRUT, ROCK RECOVER, CROSS, HOLD

41-42          Left ball to right side, drop left heel on the floor  
43-44          Right ball cross over right, drop right heel on the floor  
45-46          Rock side on left, recover on right  
47-48          LT foot cross over RT foot, Hold

## [49-56] LOCK STEP, KICK, COASTER STEP, SCUFF

49-50          RT foot step backward, LT foot cross over RT foot  
51-52          RT foot step backward, LT foot kick forward  
53-54          LT foot step backwards, RT foot together  
55-56          LT foot step forward, scuff forward with RT foot

## [57-64] FORWARD, HEEL DROP x3, FORWARD, TOUCH, BACKWARD, TOUCH

57-58          RT toe touch forward, RT heel drop  
59-60          RT heel drop, RT heel drop

61-62 RT foot step slightly forward with full weight, LT foot touch together  
63-64 LT foot step diagonally backward, RT foot touch together.

**After TAG 4, repeat the counts from 49 to 64, then TAG 1 and start again from the top.**

**TAGS:**

**TAG 1 (AFTER WALL 1 & THE REPEAT): 4 counts**

1-2 RT foot step diagonally backwards, LF touch together  
3-4 LT foot step diagonally forward, RT foot touch together.

**TAG 2 (AFTER WALL 2): 6 counts**

1-2 RT foot step diagonally backwards, LF touch  
3-4 LT foot step diagonally forward, RT foot touch  
5-6 Roll left hip left, Roll right hip right

**TAG 3 (AFTER WALL 3): 8 counts**

1-2 RT foot step diagonally backwards, LF touch  
3-4 LT foot step diagonally forward, RT foot touch  
5-6 Roll left hip left, Roll right hip right  
7-8 Roll left hip left, hitch with RT leg

**TAG 4 (AFTER WALL 4): 9 counts**

1-2 RT foot step diagonally backwards, LF touch  
3-4 LT foot step diagonally forward, RT foot touch  
5-6 Roll left hip left, Roll right hip right  
7-8 Roll left hip left, hitch with RT leg  
9& RT foot rock forward, recover weight to LT foot

**NOTE: the sequence of the dance is 64c – tag 1 – 16c – Restart – 64c – tag 2 – 64c – tag 3 – 64c – tag 4 – Repeat (49 to 64) – tag 1 – start again for 16c.**

**Enjoy!**

---