

# Mama Lover

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Dave Stamp (UK) - June 2021  
音樂: Mama Lover - SEREBRO



## #36 sec Intro

### Section 1: Rock Right, Recover, Cross Shuffle, 1/4, 1/4, Cross Shuffle.

1,2      Rock right to right side (1), recover on left (2),  
3&4      Cross right over left (3), step left to side (&), cross right over left (4),  
5,6      1/4 turn to the right stepping back on left (5), 1/4 turn to the right step on right (6),  
7&8      Cross left over right (7), step right to side (&), cross left over right (8).

### Section 2: Rock Right, Recover, Behind Side Cross, Step Pivot Half, Left Shuffle.

1,2      Rock right to right side (1), recover on left (2),  
3&4      Step right behind left (3), step left to side (&), cross right over left (4),  
5,6      Step forward left (5), pivot 1/2 over right (weight on Right) (6),  
7&8      Step forward on left (7), right beside left (&), step forward on left (8).

### Section 3: Right Mambo, Coaster Step, Step 1/4 Turn, Cross Shuffle.

1&2      Rock forward on right (1), recover back on left (&), step back on right (2),  
3&4      Step back left (3), step right beside left (&), step forward on left (4),  
5,6      Step forward on right (5), Step out 1/4 over left onto left (6),  
7&8      Cross right over left (7), step left to side (&), cross right over left (8).

### Section 4: Rock Recover, Rock Recover, Jazz Box 1/4 Turn.

1,2&      Rock left to left side (1), recover on right (2), step on left (&),  
3,4&      Rock right to right side (3), recover on left (4), step on right (&),  
5,6      Cross right over left (5), step back left (6),  
7,8      1/4 turn on the right (7), step left next to right (8).

### Restart: Restart on Wall 6

### Section 5: Right Sailor, Left Sailor, Right Sailor 1/4 Turn, Left Shuffle.

1&2      Right behind left (1), step left to left side (&), step on right to right side (2),  
3&4      Left behind right (3), step right to right side (&), step on left to left side (4),  
5&6      Right behind left (5), step back on left 1/4 turn to right (&), step right to right side (6),  
7&8      Step forward on left (7), right beside left (&), step forward on left (8).

### Section 6: Step Right, Hold, Step Left, Hold, Back Right Shuffle, Back Left Shuffle.

1,2      Step out right to right side (facing 1-o'clock) (1), Hold (2),  
3,4      Step out left to left side (facing 11-o'clock) (3), Hold (4),  
5&6      Step back on right (5), left beside right (&), step back on right (6),  
7&8      Step back on left (7), right beside left (&), step back on left (8).

### Section 7: Rock Back Recover, Right Shuffle, Step Pivot 1/2, Left Shuffle.

1,2      Rock back on right (1), recover on left (2),  
3&4      Step forward on right (3), left beside right (&), step forward on right (4),  
5,6      Step forward left (5), pivot 1/2 over right (weight on Right) (6),  
7&8      Step forward on left (7), right beside left (&), step forward on left (8).

### Section 8: Full Turn, Right Shuffle, Rock Forward Recover, Coaster Step.

1,2      Step right 1/2 turn over left (1), step left 1/2 turn over left (2),  
(Easier Variation: walk right, walk left)

3&4 Step forward on right (3), left beside right (&), step forward on right (4),  
5,6 Rock forward on left (5), recover on right (6),  
7&8 Step back on left (7), right beside left (&), step forward on left (8).

**Start Again**

**TAG: 8 Count Tag: End of Wall 3.**

1,2 Step forward right (1), pivot 1/2 over left (weight on left) (2),  
3,4 Step forward right (3), pivot 1/2 over left (weight on left) (4),  
5,6 Rock forward on right (5), recover on left (6),  
7&8 Step back on right (7), left beside right (&), touch right beside left (weight on left) (8).

**Restart: Restart on Wall 6.**

**After 32 counts (end of section 4 after jazz box 1/4 turn) facing 9 O-Clock.**

**Contact: [alexwise999@hotmail.com](mailto:alexwise999@hotmail.com)**

---