

# Listen to Your Mother

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Hayley Wheatley (UK) & Ella Wheatley (UK) - March 2023  
音樂: Mother - Meghan Trainor



Count in: 16 Counts (from start of beat)

Restarts during walls 3 & 6, Tags at the end of Walls 4 and 7.

## S1: STEP, TOUCH, STEP BACK, SHUFFLE BACK, ROCK BACK, RECOVER, STEP, PIVOT ½ TURN

& 1-2                      Step fwd on RF (&) Touch L toe next to RF (1), Step back onto LF (2) 12:00  
3&4                      Step back on RF (3), Close LF next to RF (&) Step back on RF (4) 12:00  
5-6                      Rock back on LF (5), Recover on RF (6) 12:00  
7-8                      Step fwd on LF (7), Pivot ½ turn R (8) 6:00

## S2: STEP, TOUCH, STEP BACK, SHUFFLE BACK, ¼ TURN, CROSS, UNWIND ¾ TURN

& 1-2                      Step fwd on LF (&) Touch R toe next to LF (1), Step back onto RF (2) 6:00  
3&4                      Step back on LF (3), Close RF beside LF (&) Step back on LF (4) 6:00  
5-6                      Step RF to R side making ¼ turn R (5), Cross LF over RF (6) 9:00  
7-8                      Unwind ¾ turn R (7), Take weight onto RF (8) 6:00

On count "6" place finger to lips on the walls that Meghan sings "shhh"

## S3: SHUFFLES, ROCK FORWARD, RECOVER, CHASSE ¼ TURN

1&2                      Step fwd on LF (1), Close RF beside LF (&) Step fwd on LF (2) 6:00  
3&4                      Step fwd on RF (3), Close LF beside RF (&) Step fwd on RF (4) 6:00  
5-6                      Rock fwd on LF (5), Recover on RF (6) 6:00  
7&8                      Step LF to L side making ¼ turn L (7), Close RF beside LF (&) Step LF to L side (8)

**\*\*Restart here on walls 3 (facing 9:00) and 6 (facing 6:00) 3:00**

## S4: SAMBA STEPS ROCK, RECOVER ½ TURN, WALK

1&2                      Cross RF over LF(1), Rock LF to L side (&) Recover onto RF (2) 3:00  
3&4                      Cross LF over RF (3), Rock RF to R side (&) Recover onto LF (4) 3:00  
5-6                      Rock fwd on RF (5), Recover onto LF (6) 3:00  
7-8                      Make 1/2 turn R stepping fwd onto RF (7), Walk fwd onto LF (8) 9:00

## TAG

(Performed at the end of wall 4 facing (6:00))

## VINE, WALK IN CIRCLE, SCUFF, VINE, WALK IN CIRCLE, SCUFF

S1: 1,2,3,4                      Step RF to R side (1), Step LF behind RF (2), Step RF to R side (3), Cross LF over RF (4) 6:00  
5,6,7,8                      Walk in a circle R,L,R (5-7) and scuff LF (8) making a full turn over R shoulder 6:00  
S2: 1,2,3,4                      Step LF to L side (1), Step RF behind LF (2), Step LF to L side (3), Cross RF over LF (4) 6:00  
5,6,7,8                      Walk in a circle L,R,L (5-7) and scuff RF (8) making a full turn over L shoulder 6:00

## ENDING

At the end of wall 7 replace counts 31 & 32 with:

Step RF to R side making ¼ turn R to face 12:00 (31), Cross LF over RF (32) 12:00

Then Repeat Tag 3 Times to finish on the front wall.

Contact: [Hcwheatley@live.com](mailto:Hcwheatley@live.com) [ellabethwheatley@gmail.com](mailto:ellabethwheatley@gmail.com)