

# Mama Said

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Daniel Exton (UK) - February 2025  
音樂: High Hopes - Panic! At the Disco



Intro: 32 Counts. Start at approx 10 secs.

## SEC 1 MAMBO, BACK ROCK, HEEL, TOE, SHUFFLE, STEP ¼, CROSS, SIDE

1&2      Right foot forward, Left foot forward, Right foot back  
3&4&      Rock Back on Left foot, Recover onto Right, Left heel forward, Left toe back  
5&6      Left foot forward, Right next to Left, Left foot forward  
7&8&      Step forward on Right, ¼ turn Left, Cross Right over Left, Left to Left side (9:00)

## SEC 2 WEAVE, SIDE ROCK, WEAVE, MONTEREY ½ X2

1&2&      Right behind Left, Left to Left side, Right cross over Left, Rock Left to Left side  
3&4&      Recover onto Right, Left behind Right, Right to Right side, Left cross over Right  
5&6&      Point Right to Right side, Return Right with ½ turn, Point Left to Left side, Return Left (3:00)  
7&8&      Point Right to Right side, Return Right with ½ turn, Point Left to Left side, Return Left (9:00)

Restart Here on Wall 3

## SEC 3 HEEL, TOE, ROCK, SHUFFLE BACK, BACK ROC, JAZZBOX ¼ SCUFF, OUT, OUT

1&2&      Right heel forward, Right toe back, Rock forward on Right, Recover onto Left  
3&4      Right foot Back, Left next to Right, Right foot back  
5&6&      Rock back on Left, Recover onto Right, Cross Left over Right, Right foot back  
7&8&      Left to Left side with ¼ turn, Scuff Right foot forward, Right out, Left out (6:00)

## SEC 4 TOE HEEL STOMP X2, STEP ½ PIVOT, SIDE ¼, SAILOR STEP

1&2      Right toe next to Left, Right heel next to Left, Stomp Right foot  
3&4      Left toe next to Right, Left heel next to Right, Stomp Left foot  
5&6      Step Right foot forward, ½ turn Left, Step Left to side with ¼ turn Left (9:00)  
7&8      Left behind Right, Right to Right side, Left to Left side

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