

Mama

Choreographer: Sobrielo Philip Gene, Jazmine Tan, Jennifer Choo Sue Chin,
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Descriptions : 64 count 2 wall

Level : Intermediate

Music : Mama by Spice Girls

Intro : 32 counts

Note : Restart on Wall 2 after 48 count (6:00)

SEC 1: RUMBA BOX, COASTER STEP, WALK WALK

1 & 2 Step R to R (1), Step L beside R (&), Step R forward (2)

3 & 4 Step L to L(3), Step R beside L (&) Step L back (4)

5 & 6 Step R back(5) Step L beside R (&), Step R forward (6)

7 – 8 Walk L forward (7), Walk R forward (8)

SEC 2: FORWARD ROCK ¼ TURN L, CROSS ROCK, KICK BALL POINT, 1/4 PADDLE L X2

1 & 2 Rock L forward (1), Recover R (&) ¼ turn L Step L to L (2) [9:00]

3 & 4 Cross R over L (3) Recover R (&) Step R to R (4)

5 & 6 Kick L forward (5) Step L in place (&) Point R to R (6)

7 – 8 ¼ turn L touch R to R side (7) ¼ turn L touch R to R side (8) [3:00]

SEC 3: CROSS SHUFFLE, ½ L CROSS SHUFFLE, 1/4 TURN R FORWARD MAMBO, BACK DRAG

1 & 2 Cross R over L (1), Step L to L (&) Cross R over L (2)

3 & 4 ½ turn L Cross L over R (3) Step R to R (&) Cross L over R (4) [9:00]

5 & 6 ¼ turn R Rock R forward (5) , Recover L (&) Step R back (6) [12:00]

(During chorus: fingers make a heart shape on count 5 in front of chest, straighten both arms forward with fingers still showing the heart shape on count 6)

7 – 8 Big step L back (7), Drag R towards L and close next to L (weight on R)(8)

SEC 4: FORWARD SHUFFLE, ½ L TURN SHUFFLE, COASTER STEP, ROCKING CHAIR

1 & 2 Step L forward (1) Step R beside L (&) Step L forward (2)

3 & 4 ¼ turn L Step R to R (3), Step L beside R (&), ¼ turn L Step R back (4) [6:00]

5 & 6 Step L back (5) Step R beside L (&) Step L forward (6)

7& 8&Rock R forward (7), Recover L (&) Rock R back (8) Recover L (&)

SEC 5: CROSS R, POINT L, CROSS L, HITCH R ¼ L, R LOCK STEP, SIDE , DRAG

1 – 2 Cross R over L (1), Point L to L side (2)

3 – 4 Cross L over R (3), Hitch R turning ¼ L (4), [3:00]

5 & 6 Step R forward (5) Step L behind R (&) Step R forward (6)

7 – 8 Big Step L (7) Drag R next to L (8)

SEC 6: SIDE ROCK BACK, ¼ TURN L SIDE ROCK BACK, LOCK STEP , SIDE ROCK BACK

- 1 & 2 Step R to R side (1), Step L behind R (&) Recover R (2)
3 & 4 ¼ turn L Step L to L side (3) Rock R behind L (&) Recover L (4) [12:00]
5 & 6 Step R diagonally forward to R (5), Lock L behind R (&), Step R diagonally forward to R
7 & 8 Step L to L side (7) Step R behind L (&) Recover L (8)

SEC 7: SIDE ROCK, STEP R SWEEP L, DIAGONAL FORWARD ROCK, WALK BACK

- 1 – 2 Rock R to R side (1) Recover L(2)
3 – 4 Step R forward as L sweep from back to front (3) Cross L over R turning body to 1:30 (4) [1:30]
5 – 6 Rock R forward (5) Recover L (6)
7 – 8 Walk R back (7) Walk L back (8)

SEC 8: COASTER STEP, PIVOT 3/8 TURN POINT, CROSS SIDE ROCK, CROSS SIDE ROCK, CROSS

- 1 & 2 Step R back (1) Step L beside R (&) Step R forward (2)
3 & 4 Step L forward (3) ,3/8 turn R Step R forward (&) Point L to L side (4) [6:00]
5 & 6 Cross L over R (5) Rock R to R side (&) Recover L (6)
7& 8& Cross R over L (&) Rock L to L side (&) Recover R (&) Cross L over R (&)