

# Sad Mama

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**Count:** 32

**Wall:** 2

**Level:** Beginner

**Choreographer:** Greywolf & Wiya Wambli - May 2016

**Music:** Doug Stone – Don't Tell Mamma ( 90 bpm)

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( intro 16 tellen)

**Alt. music:** Dwight Yoakam – Don't Be Sad ( 124 bpm)

## **BRUSH, STEP BACK, BACK ROCK, SHUFFLE FORWARD, PIVOT ¼ TURN L**

1 RF brush forward  
2 RF step back  
3 LF rock back  
4 Weight back on RF  
5 LF step forward  
& RF step beside LF  
6 LF step forward  
7 RF step forward  
8 LF&RF 1/4 turn left ( 9)

## **CROSS SHUFFLE, SIDE ROCK,CROSS BEHIND, ¼ TURN R, STEP FWD, ½ PIVOT R**

9 RF step across LF  
& LF step left  
10 RF step across LF  
11 LF rock left  
12 Weight back on RF  
13 LF cross behind RF  
14 RF step right, ¼ turn right (12)  
15 LF step forward  
16 RF&LF ½ turn right (6)

## **STEP FWD, ½ TURN L, ½ TURN L, STEP FWD, ROCK STEP, STEP BACK WITH SWEEP, STEP BACK WITH SWEEP**

17 LF step forward  
18 RF ½ turn left, step back ( option: RF step forward)  
19 LF ½ turn left, step forward ( option: LF step forward)  
20 RF step forward  
21 LF rock forward  
22 Weight back on RF  
23 LF sweep and step back  
24 RF sweep and step back

## **SAILORSTEP, CROSS ROCK, SIDE ROCK, BACK ROCK**

25 LF cross behind RF  
& RF step right  
26 LF step left  
27 RF rock/cross over LF  
28 Weight back on LF  
29 RF rock right  
30 Weight back on LF  
31 RF rock back  
32 Weight back on LF

**Start over**

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**Last Update - 10th May 2016**