Mama No 1

Count: 32 **Wall:** 2 **Level:** Absolute Beginner
Choreographer: Micaela Svensson Erlandsson (SWE) - October 2015
Music: Number One For Me - Maher Zain

****Dedicated to my Mother, Monica Svensson, my hero.****

Intro 32 counts

Section 1: Walk. Walk. Step forward Bumping Hips R. Back. Back. Back. Step back Bumping hips L. Cross.

1-2	Walk forward on right. Walk forward on left.
3-4	Step forward on right ball bumping hips to right side. Step back on right.
5-6	Step back on left. Step back on right.
7-8	Step back on left ball bumping hips to left side. Cross left over right.

Section 2: Point. Cross. Point. Step. 1/4 Turn left. Step. 1/4 Turn left.

1-2	Point right to right. Cross right over left.
3-4	Point left to left. Cross left over right
5-6	Step forward on right. Turn 1/4 left moving hips.
7-8	Step forward on right. Turn 1/4 left moving hips.

Section 3: Side. Touch behind. Side. Touch behind. Grapevine right. Touch.

1-2	Step right to right. Touch left toes behind right.
3-4	Step left to left. Touch right toes behind left.
5-8	Step right to right. Cross left behind right. Step right to right. Touch left.

Section 4: Side. Touch behind. Side. Touch behind. Grapevine left. Touch.

1-2	Step left to left. Touch right toes behind left.
3-4	Step right to right. Touch left toes behind right.
5-8	Step left to left. Cross right behind left. Step left to left. Touch right.

Styling: As you do the Side Touches in section 4, move arms back as you take the Step to the Side. Move your arms forward and Click Fingers as you Touch Toes behind (in 1/2 circle back and forth).