

Mama Rock Me

COPPERKNOB
STEPSHEETS

Count: 64

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Pam Cassells (AUS) - May 2013

Musik: Wagon Wheel - Darius Rucker



Start Position: Feet together - with weight on L foot.

Starts on vocals – 48 counts in

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|---------|---|
| 1,2 | Step R forward, touch L beside R, |
| 3,4 | Step L forward, touch R beside L, |
| 5,6,7,8 | Step R back, cross L over R, step R back, touch L beside R, |
| | |
| 1,2 | Step L back, touch R beside L, |
| 3,4 | Step R back, touch L beside R, |
| 5,6,7,8 | Step L back, cross R over L, step L back, touch R beside L, |
| | |
| 1,2,3,4 | Vine R - step R to R side, step L behind R, step R to R side, touch L beside R, |
| 5,6,7,8 | Touch L heel to L45, hook L over R shin, touch L heel to L 45, touch L beside R, |
| | |
| 1,2,3,4 | Vine L - step L to L side, step R behind L, step L to L side, touch R beside L, |
| 5,6,7,8 | Touch R heel to R45, hook R over L shin, touch R heel to R45, touch R beside L, |
| | |
| 1,2,3,4 | R rocking chair - step R forward, rock back on L, step R back, rock forward on L, |
| 5,6,7,8 | Step R forward, lock L behind R, step R forward, touch L beside R, |
| | |
| 1,2,3,4 | L rocking chair - step L forward, rock back on R, step L back, rock forward on R, |
| 5,6,7,8 | Step L forward, lock R behind L, step L forward, touch R beside L, |
| | |
| 1,2,3,4 | Step/rock R to R side, rock/replace weight onto L, step R over L, hold, |
| 5,6,7,8 | Step/rock L to L side, rock/replace weight onto R, step L over R, hold, |
| | |
| 1,2 | Step R to R side, step L beside R, |
| 3,4 | Hips - L, R, |
| 5,6 | Step L to L side, turning 90 degrees R on L dragging R up to L - weight on L, |
| 7,8 | Step R back, step L beside R (coaster step style). |

REPEAT DANCE IN NEW DIRECTION

Restart: During wall three (3) - dance the first 32 counts and Restart again.

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