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| Mama No 1 |  |

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

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| 1-2 | Walk forward on right. Walk forward on left. |

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| 3-4 | Step forward on right ball bumping hips to right side. Step back on right. |

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| --- | --- |
| 5-6 | Step back on left. Step back on right. |

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| 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.**

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| --- | --- |
| 1-2 | Point right to right. Cross right over left. |

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| --- | --- |
| 3-4 | Point left to left. Cross left over right |

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| --- | --- |
| 5-6 | Step forward on right. Turn 1/4 left moving hips. |

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| --- | --- |
| 7-8 | Step forward on right. Turn 1/4 left moving hips. |

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

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| --- | --- |
| 1-2 | Step right to right. Touch left toes behind right. |

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| --- | --- |
| 3-4 | Step left to left. Touch right toes behind left. |

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| --- | --- |
| 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.**

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| --- | --- |
| 1-2 | Step left to left. Touch right toes behind left. |

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| --- | --- |
| 3-4 | Step right to right. Touch left toes behind right. |

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| --- | --- |
| 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).**