|  |  |
| --- | --- |
| Mama Take Me Home |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Moa Bäckström | | | | |
| **Music:** | Mama Take Me Home - Rednex | | | | |
| . | | | | | | |

**STEP, STEP, ANCHOR STEP, STEP FORWARD, TURN ½, COASTER STEP**

|  |  |
| --- | --- |
| 1-2 | Right foot step forward, left foot step forward |

|  |  |
| --- | --- |
| 3&4 | Right foot rock back, left foot rock forward, right foot step back |

|  |  |
| --- | --- |
| 5-6 | Left foot step forward, right foot step back and turn ½ to left |

|  |  |
| --- | --- |
| 7&8 | Left foot step back, right foot step back, left foot step forward |

**ROCK, CROSS SHUFFLE, ¼ TURN, ½ TURN, STEP CLAP, CLAP**

|  |  |
| --- | --- |
| 1-2 | Right foot rock to right and back to left foot |

|  |  |
| --- | --- |
| 3&4 | Right foot cross over left foot, step left foot to left, cross right foot over left foot |

|  |  |
| --- | --- |
| 5-6 | Left foot step back and turn ¼ to right, right foot step forward and turn ½ to right |

|  |  |
| --- | --- |
| 7&8 | Left foot step together with right foot and make to clap on &8 |

**STEP TO THE DIAGONAL TWICE, POINT FORWARD, STEP BACK, STEP BACK, BACK, COASTER STEP**

|  |  |
| --- | --- |
| 1-2 | Right foot step forward to right diagonal, left foot step forward to right diagonal |

|  |  |
| --- | --- |
| 3-4 | Right foot point forward, right foot step back |

|  |  |
| --- | --- |
| 5-6 | Left foot step back, right foot step back |

|  |  |
| --- | --- |
| 7&8 | Left foot step back, right foot step back, left foot step forward |

**MONTEREY TURN TWICE**

|  |  |
| --- | --- |
| 1-2 | Right foot touch right toe to right side, with weight on left foot make ½ turn right and step right beside left foot |

|  |  |
| --- | --- |
| 3-4 | Touch left toe to left side, step left foot beside right |

|  |  |
| --- | --- |
| 5-6 | Right foot touch right toe to right side, with weight on left foot make ½ turn right and step right beside left foot |

|  |  |
| --- | --- |
| 7-8 | Touch left toe to left side, step left foot beside right |

**REPEAT**

**TAG**

**After the 7th wall standing at 9:00**

**ROCK AND CROSS, FLICK TURN ¼**

|  |  |
| --- | --- |
| 1&2 | Right foot rock to right, recover to left foot, right foot cross over left foot |

|  |  |
| --- | --- |
| 3&4 | Left foot flick back, turn ¼ to right, left foot step forward |

**Start all over at 12:00**

**Winner of Norwegian Country Western Dance Championship 2006**