

Mama - No Stress!

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner Cha Cha

Choreographer: Inge Vestergård (DK) - November 2017

Music: Mama (feat. William Singe) - Jonas Blue



Intro: 16 counts intro. Start with weight on L foot.

S1: Side Step R, Cross Rock, Chassé L, R Cross, Side, R ¼ Sailor

- 1-3 Step R to R side, L Cross Rock over R, Recover on R,
- 4&5 Step L to side, Step R next to L, step L to side
- 6-7 Cross R over L, Step L to L Side,
- 8&1 Cross R behind L, turn ¼ R stepping L to L side, Step R to R side (3.00)

S2: 2 x Cross Point, Cross, Back, Chasse 1/ 4 Turn L

- 2-3 Cross L over R, Point R to side
- 4-5 Cross R over L, Point L to side
- 6-7 Cross L over R, Step R back
- 8&1 Step L to side, Step R next to L, Step ¼ L stepping fwd on L (12.00)

S3: 2 x Walk, R Mambostep, 2 x Walk Back, L Coaster Cross

- 2-3 Walk R fwd, Walk L fwd
- 4&5 Rock R fwd, Recover on L, Step R back
- 6-7 Step L back, Step R back
- 8&1 Step L back, Step R beside L, Cross L in front of R

S4: 2 x Sway, Behind Side Cross, ¼ Monterey L, Touch

- 2-3 Step R to side with Sway R, Step L to side with Sway L
- 4&5 Cross R behind L, Step L to Side, Cross R over L
- 6-7 Point L to L side, 1/4 turn R stepping L beside R (9.00)
- 8& Point R to R Side, Touch R beside L.

Ending: After finishing Wall 9 starting on 12 ó Clock, you simply turn ¼ R stepping forward on R.

Contact: Inge Vestergård – mail: ingevestergaard56@gmail.com
