

# Mama Said

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Josefin Blomkvist (SWE) - September 2007

**Music:** Mama Said - Dave Sheriff



**Intro: 16 counts**

**Section 1: Shuffle, step turn  $\frac{1}{2}$ , kick-ball-step x2**

1&2            step Rf forward, step Lf beside R, step Rf forward  
3-4            step Lf forward, turn  $\frac{1}{2}$  turn to R and put weight over to Rf  
5&6            kick Lf forward, step Lf beside R, step Rf forward  
7&8            kick Lf forward, step Lf beside R, step Rf forward

**Section 2: Shuffle, step turn  $\frac{1}{4}$ , cross shuffle, triple turn  $\frac{3}{4}$**

1&2            step Lf forward, step Rf beside L, step Lf forward  
3-4            step Rf forward, turn  $\frac{1}{4}$  turn to L and out weight over to Lf  
5&6            cross Rf over L, step Lf to L side, cross Rf over L, turn  $\frac{1}{4}$  turn to R  
7&8            step Lf back, turn  $\frac{1}{2}$  turn to R, step Rf forward, step forward on Lf

**Section 3: Kick x2, step turn  $\frac{1}{2}$ , kick x2, step turn  $\frac{1}{4}$**

1&2&            kick Rf forward, step Rf beside L, kick Lf forward, step Lf beside R  
3-4            step Rf forward, turn  $\frac{1}{2}$  turn to L and put weight over to Lf  
5&6&            kick Rf forward, step Rf beside L, kick Lf forward, step Lf beside R  
7-8            step Rf forward, turn  $\frac{1}{4}$  turn to L and put weight over to Lf

**Section 4: Kick-cross-step, scuff-hitch-step, rock, shuffle turn  $\frac{1}{2}$**

1&2            kick Rf to R diagonally forward, cross Rf behind L, step Lf to L side  
3&4            scuff Rf beside L, Rf hitch and step forward on Rf  
5-6            rock Lf forward, recover on Rf, turn  $\frac{1}{4}$  turn to L  
8&7            step Lf to L side, step Rf beside L, turn  $\frac{1}{4}$  turn to L and step Lf forward

**Begin again.**

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