# Mama Says



Count: 32 Wall: 4 Level: Beginner / Improver

Choreographer: Karl-Harry Winson (UK) - November 2009

Music: Mama Said - Dionne Bromfield : (CD: Introducing Dionne Bromfield)



#### Intro - 16 Counts. Start on Vocals.

### Step Touches (with clicks) X2. 1 1/4 Rolling Grapevine right .

- 1 2
  Step right foot to right side. Touch left foot next to the right (click fingers when touch).
  3 4
  Step left foot to left side. Touch right foot next to the left (click fingers when touch).
- 5-6 Make a  $\frac{1}{4}$  turn right stepping right forward. Make a  $\frac{1}{2}$  turn right stepping back on the left.
- 7-8 Make a  $\frac{1}{2}$  right stepping right forward. Scuff the left foot beside the right.

#### Step Touch. Heel Dig (with clicks) X2.

- 1 2 Step forward on the left. Touch right foot beside the left (click fingers as you touch).
- 3 4 Step back on the right. Dig left heel forward (click fingers as you dig).
- 5 6 Step forward on the left. Touch right foot beside the left (click fingers as you touch).
- 7 8 Step back on the right. Dig left heel forward (click fingers as you dig).

## Step scuff. Cross back. Right Chasse. Back rock.

- 1 2 Step forward on the left. Scuff the right foot beside the left.
- 3 4 Cross right foot over the left. Step back on the left.
- 5 & 6 Step right foot to the right side. Close left next to the right. Step right to the right side.
- 7 8 Rock back on the left. Recover weight forward onto the right.

#### ½ turn right. Step Scuff. Step: Out, Out, In, In.

- 1 2 Make a ¼ turn right stepping back on the left. Make a ¼ turn right stepping right forward.
- 3 4 Step forward on the left. Scuff right foot beside the left.
- 5 6 Step forward and out on the right. Step forward and out on the left.
- 7 8 Step back and in on the right. Step back and in on the left.