Count: 48
Wall: 4
Level: Phrased High Intermediate
Choreographer: Debbie McLaughlin (UK) - May 2012
Music: Mamma Knows Best - Jessie J : (Album: Who You Are)

Count in: After 16 counts on lyrics - SEQUENCE: A B A TAG A B A TAG A A A

## PART A

BACK, COASTER STEP STEP, $1 / 4$ TURN S|DE CROSS, $1 / 4$ TURN, STEP $1 / 4$ TURN CROSS
1, 2\& Take big step back on L, Step back on R, Step L beside R
3,4 Step R forward, Step L forward
\&5, $6 \quad$ Make $1 / 4$ turn $L$ stepping $R$ to $R$ side, Cross $L$ over $R$, Make $1 / 4$ turn $R$ stepping forward $R$
7\&8 Step forward L, Pivot $1 / 4$ turn R taking weight on R, Cross rock L over R (3 o clock)
SWEEP, BEHIND SIDE CROSS \& $1 / 4$ TURN TOGETHER, STEP, STEP, $1 / 2$ TURN, WALK, WALK
$1,2 \& \quad$ Recover weight onto $R$ sweeping $L$ around, Cross $L$ behind $R$, Step $R$ to $R$
3\&4 Cross L over R, Make $1 / 4$ turn $L$ stepping slightly back on R, Step L beside R (pushing bum out slightly! (12 o clock)
5, 6\& Step R Forward, Step L Forward, Pivot 1/2 Turn R Taking weight onto R
7, $8 \quad$ Walk forward $\mathrm{L} R$ with attitude! (6 o clock)
ROCK RECOVER \& CROSS BACK \& CROSS BACK \& CROSS $1 / 4$ TURN $1 / 4$ TURN
1, 2 Rock forward on $L$, Recover back on $R$
\&3, 4 Step slightly back on L, Cross $R$ over L, Step L slightly back
\&5, 6 Step slightly back on R, Cross L over R, Step R slightly back
\&7,8\& Step slightly back on $L$, Cross $R$ over L, Make $1 / 4$ turn $R$ slightly stepping back on $L$, Make $1 / 4$ turn $R$ stepping $R$ forward (12 o clock)

TOUCH \& TOUCH \& SIDE $1 / 4$ TURN BACK, TOUCH 1/2 TURN \& TOUCH 1/2 TURN
1\&2\& Touch L forward, Step L beside R, Touch R forward, Step R beside L
3, 4 Make $1 / 4$ turn $L$ and rock forward L , Recover back onto R (9 o clock)
5, 6\& Touch $L$ toe back and make $1 / 2$ turn $L$ pushing weight into ball of $L$ (5), Step weight back on R, Step back L \{3 o clock)
7, 8\& Touch $R$ toe back and make $1 / 2$ turn $R$ pushing weight into ball of $R(5)$; Step weight back on L, Step back R (9 o clock)
Easy option for counts $5-8$ (You'll repeat this twice if the tag is coming next)
5, 6\& Rock back on L to L diagonal, Recover forward onto R, Step L beside R
7, 8\& Rock forward on $R$ to $R$ diagonal, Recover back onto $L$, Step $R$ beside $L$
PART B
BACK POINT, BACK POINT \& POINT, $1 / 4$ TURN, $1 / 2$ TURN, $1 / 4$ TURN OUT, OUT, IN
1,2,3 Step back on $L$, Point $R$ to $R$ side, Step back on $R$
4\&5 Touch $L$ to $L$ side, Step $L$ beside $R$, Touch $R$ to $R$ side
6,7 Make $1 / 4$ turn $R$ stepping forward $R$, Make $1 / 2$ turn $R$ stepping back on $L$
\&8\& Make $1 / 4$ turn $R$ stepping $R$ to $R$ side, Step $L$ to $L$ side, Step $R$ beside $L$
CROSS $1 / 4$ TURN COASTER STEP, STEP $1 / 2$ TURN, FORWARD ROCK RECOVER \&
1, $2 \quad$ Cross $L$ over $R$, Make $1 / 4$ turn $L$ stepping back on $R$
$3 \& 4$ Step back on I- Step R beside L, Step L forward
5, $6 \quad$ Step R forward, Pivot 1/2 turn $L$ taking weight onto $L$
7, 8\& Rock forward on R, Recover back onto L Step R beside L

## BACK ROCK \& FORWARD ROCK

1,2\& Rock back on L to L diagonal, Recover forward onto R, Step L beside R
3, 4\& Rock forward on $R$ to $R$ diagonal, Recover back onto $L$, Step $R$ beside $L$
SEQUENCE: A B A TAG A B A TAG A A A
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