Tell Me Mama

Compte: 32   **Mur:** 2   **Niveau:** Improver line/contra dance
Chorégraphe: Rick Bates (USA) & Deborah Bates (USA)
Musique: Before You Accuse Me - Delbert McClinton

FORWARD SHUFFLES, STEP, KICK, STEP BACK, PIVOT

1&2	Shuffle forward (right, left, right)
3&4	Shuffle forward (left, right, left)
5-6	Step forward on right foot; kick left foot forward and slap hands with persons on either side of you
7-8	Step back on ball of left foot; pivot ½ turn to the left on balls of both feet and shift weight to left foot

MILITARY PIVOT TO THE LEFT, FORWARD SHUFFLE, TURNING SHUFFLE, ROCK STEP

9-10	Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

Contra lines switch sides in this section

11&12	Shuffle forward (right, left, right)
13&14	Shuffle forward (left, right, left) making a ½ turn to the right on these steps
15-16	Step back on right foot; rock forward onto left foot

TOE TOUCHES, MONTEREY TURN, MILITARY PIVOT TO THE LEFT

17-18	Touch right toe forward and diagonally to the right; touch right toe forward and diagonally to the left
19-20	Touch right toe to the right; pivot ½ turn to the right on ball of left foot and step right foot next to left
21-22	Touch left toe to the left; step left foot next to right
23-24	Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot

STATIONARY KNEE POPS, FULL TURN TO THE RIGHT, ROCK STEP

25-26	With feet in place and weight on left foot, raise right heel and bend (pop) right knee slightly forward; rock back onto right heel and straighten right knee
27-28	With feet in place and weight on left foot, raise right feel and bend (pop) right knee slightly forward; rock back onto right heel and straighten right knee
&	Rock forward onto ball of right foot and shift weight to left foot
29-30	Step back on right foot and begin a full turn to the right traveling back; step on left foot and complete full traveling turn to the right
31-32	Step back on right foot; rock forward onto left foot

REPEAT