

# Mama Said

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Josefin Blomkvist (SWE) - September 2007  
音乐: 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.