

# Mama's Heart Of Gold

**COPPER** KNOB  
STEPSHEETS

拍數: 34      牆數: 4      級數: Improver  
編舞者: Micaela Svensson Erlandsson (SWE) - November 2016  
音樂: Mama Courtney - Robert Mizzell



Intro: 36 Count

**Section 1:** □ Side. Touch. Side. Behind. Side. Cross. Side. Touch. Side. Behind. ¼ Turn right. Step.

- 1&2      Step right to right side. Touch left beside right. Step left to left side.
- 3&4      Cross right behind left. Step left to left. Cross right over left.
- 5&6      Step left to left side. Touch right beside left. Step right to right side.
- 7&8      Cross left behind right. Turn ¼ right stepping forward on right. Step forward on left.

**Section 2:** □ Mambo Step. Coaster Step. Step. ½ Turn left. ½ Chase Turn left.

- 1&2      Rock forward on right. Recover onto left. Step back on right.
- 3&4      Step back on left. Step right beside left. Step forward on left.
- 5-6      Step forward on right. Turn ½ left.
- 7&8      Step forward on right. Turn ½ left. Step forward on right.

**Bridge here: On wall 3 facing 9 O'clock. Wall 6 Facing 12 O'clock. Wall 7 Facing 9 O'clock.**

**Section 3:** □ Rock Step. Shuffle ½ Turn left. Heel Switches. Rock Step.

- 1-2      Rock forward on left. Recover onto right.
- 3&4      Make a Shuffle ½ turn back over the left shoulder stepping left, right, left.
- 5&6&      Touch right heel forward. Step right in place. Touch left heel forward. Step left in place
- 7-8      Rock forward on right. Recover onto left.

**Section 4:** □ Back Shuffle. Coaster Step. Skate. Skate. Right Vaudeville.

- 1&2      Step back on right. Close left beside right. Step back on right.
- 3&4      Step back on left. Step right beside left. Step forward on left.
- 5-6      Skate forward on right. Skate forward on left.
- 7&      Cross right foot over left. Step back on the left foot.
- 8&      Touch right heel forward. Step right in place.

**Section 5:** □ Cross Shuffle.

- 1&2      Cross left over right. Step right foot to right side. Cross left over right.

**Bridge: Walk forward on left. Walk forward on right.**

**On Wall 3 (Facing 9 O'clock) Wall 6 (Facing 12 O'clock) Wall 7 (Facing 9 O'clock)**

**Tag: After Wall 3 (Facing 3 O'clock)**

**Right Scissor Step. Left Scissor Step.**