

# Oh Mama

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Alan Birchall (UK) & Jacqui Jax (UK) - November 2021  
音樂: Mama (feat. Sting) - GASHI : (Album: Sting - Duets / Gashi - 1984)



**Start: On Main Lyrics Seconds: 18 Counts: 32 BPM: 113**

## **CROSS, SIDE, BEHIND, POINT, CROSS, ¼ TURN, SHUFFLE BACK**

1-2      Cross Right Over Left, Step Left To Left  
3-4      Cross Right Behind Left, Point Left To Left  
5-6      Cross Left Over Right, ¼ Turn Left Stepping Back On Right 09:00  
7&8      Step Back On Left, Step Right By Left, Step Back On Left

## **ROCK, RECOVER, KICK BALL STEP, SWIVEL STEPS FORWARD X2 (DOWN, UP, DOWN, UP)**

9-10      Rock Back On Right, Recover On Left  
11&12      Kick Right Forward, Step On Ball Of Right, Step Forward On Left  
13-14      With A Slight Dip Swivel Both Heels Left Stepping Fwd On Right, Returning To Centre  
            Stepping Forward On Left  
15-16      With A Slight Dip Swivel Both Heels Left Stepping Fwd On Right, Returning To Centre  
            Stepping Forward On Left

## **VAUDEVILLE, CROSS SHUFFLE, SWAY, RECOVER, ½ RONDE SWEEP BACK**

17&18      Cross Right Over Left, Step Left To Left, Extend Right Heel To Right Diagonal  
&19&20      Step Right By Left, Cross Left Over Right, Step Right To Right, Cross Left Over Right  
21-22      Sway Right, Recover On Left  
23-24      ½ Ronde Sweep To Right (Backwards) Step Right Beside Left (Weight On Right) 03:00

## **JAZZ BOX, CROSS, TOE TOUCHES, BIG STEP, DRAG**

25-26      Cross Left Over Right, Step Back On Right  
27-28      Step Left To Left, Cross Right Over Left  
29&30      Touch Left To Left, Step Left By Right, Touch Right To Right  
&31-32      Step Right By Left, Take A Big Step To Left, Drag Right Touch By Left

## **TOE, HEEL, STOMP X2, HINGE TURN X2**

33&34      Touch Right Toe Forward, Touch Right Heel Forward, Stomp Forward On Right  
35&36      Touch Left Toe Forward, Touch Left Heel Forward, Stomp Forward On Left  
37-38      On Ball Of Left Make ¼ Hinge Turn Left, Stepping Right To Right (Click Fingers) 12:00  
39-40      On Ball Of Right Make ½ Hinge Turn Left, Stepping Left To Left (Click Fingers) 06:00

**RESTART: During Wall 2 (Facing: 12:00) ENDING: During Wall 6 Cross Right Over Left, Splaying Arms (Facing 12:00)**

## **HITCH, STEP, SLIDE x2, KICK, BALL, TOUCH, SWIVEL HEELS**

41&42      Hitch Right Knee To Left Thigh, Step Right To Right, Slide Left By Right  
43&44      Hitch Right Knee To Left Thigh, Step Right To Right, Slide Left By Right  
45&46      Kick Right Forward, Step Slightly Back On Ball Of Right Foot, Touch Left Forward  
47-48      Swivel Both Heels Left (Slightly Lifting Left Hip) Return To Centre (Weight On Right)

## **CROSS POINTS X2, ¼ JAZZ BOX, STEP**

49-50      Cross Left Over Right, Point Right To Right  
51-52      Cross Right Over Left, Point Left To Left  
53-54      Cross Left Over Right, Step Back On Right  
55-56      Make ¼ Turn Left Stepping Left To Left, Step Forward On Right 03:00

## **STEP, TOUCH, HEEL SWITCHES, ROCK, RECOVER, $\frac{3}{4}$ TRIPLE TURN**

57-58 Step Forward On Left, Touch Right Behind Left

&59&60 Step Back On Right, Touch Left Heel Forward, Step Left By Right, Touch Right Heel Forward

&61-62 Step Right By Left, Rock Forward On Left, Recover On Right

63&64  $\frac{3}{4}$  Triple Turn Left Stepping Left, Right, Left 06:00

## **START AGAIN**

Released at LDF Yorkshire Day of Dance

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