# Mama & Me

**Count:** 32 **Wall:** 2 **Level:** Improver

**Choreographer:** Gary O'Reilly (IRE) - August 2022

**Music:** Mamas - Anne Wilson & Hillary Scott

**#16 count intro**

**Section 1: FWD, TOUCH, BACK, KICK, BEHIND SIDE CROSS, SIDE ROCK & CROSS, ¼, ¼, CROSS**

| | |
|---|---|
| 1&2& | Step diagonally forward R on R (1), touch L next to R (&), step back on L (2), low kick R to R diagonal (&) (1:30) |
| 3 & 4 | Cross R behind L (3), step L to L side (&), cross R over L (4) (12:00) |
| 5 & 6 | Rock L to L side (5), recover on R (&), cross L over R (6) |
| 7 & 8 | ¼ L stepping back on R (7), ¼ L stepping L to L side (&), cross R over L (8) (6:00) |

**Section 2: FWD, TOUCH, BACK, KICK, BEHIND SIDE CROSS, SIDE TOGETHER BACK, DIAGONAL SHUFFLE L-R-L**

| | |
|---|---|
| 1&2& | Step diagonally forward L on L (1), touch R next to L (&), step back on R (2), low kick L to L diagonal (&) (4:30) |
| 3 & 4 | Cross L behind R (3), step R to R side (&), cross L over R (4) (6:00) |
| 5 & 6 | Step R to R side (5), step L next to R (&), step back on R (6) |
| 7 & 8 | Step L forward towards L diagonal (7), step R next to L (&), step L forward towards L diagonal (8) (4:30) |

**Section 3: CROSS ROCK, SIDE ROCK, SAILOR ¼ R, CROSS ROCK, SIDE ROCK, SAILOR ¼ L**

| | |
|---|---|
| 1&2& | Cross rock R over L (1), recover on L (&), rock R to R side (2), recover on L (&) (6:00) |
| 3 & 4 | Cross R behind L (3), ¼ R stepping L next to R (&), step R to R side (4) (9:00) |
| 5&6& | Cross rock L over R (1), recover on R (&), rock L to L side (2), recover on R (&) |
| 7 & 8 | Cross L behind R (7), ¼ L stepping R next to L (&), step forward on L (8) (6:00) |

**Section 4: MAMBO ½ R, ½ TURNING LOCK STEP, COASTER STEP, SHUFFLE FWD**

| | |
|---|---|
| 1 & 2 | Rock forward on R (1), recover on L (&), ½ R stepping forward on R (2) (12:00) |
| 3 & 4 | ¼ R stepping L to L side (3), cross R over L (&), ¼ R stepping back on L (4) (6:00) |
| 5 & 6 | Step back on R (5), step L next to R (&), step forward on R (6) |
| 7 & 8 | Step forward on L (7), step R next to L (&), step forward on L (8) *TAG |

**Tags:**
***At the end of Wall 1 facing (6:00), add:**
**Walk R, L Together**

| | |
|---|---|
| 1 2 | Walk forward R (1), step L next to R (2) |

***At the end of Wall 2 facing (12:00) & Wall 5 facing (6:00), add**
**R Jazzbox, R Jazzbox**

| | |
|---|---|
| 1 2 | Cross R over L (1), step back on L (2) |
| 3 4 | Step R to R side (3), step slightly forward on L (3) |
| 5 6 | Cross R over L 5), step back on L (6) |
| 7 8 | Step R to R side (7), step slightly forward on L (8) |

***At the end of Wall 4 facing (12:00) & Wall 6 facing (12:00), add**
**R Jazzbox**

| | |
|---|---|
| 1 2 | Cross R over L (1), step back on L (2) |
| 3 4 | Step R to R side (3), step slightly forward on L (3) |

***listen to the music – you'll hear the tags coming – sing it & enjoy!**

**ENDING: Dance 18 counts of Wall 7, finish the dance facing (12:00) by adding a R sailor ½ turn R (12:00).**

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