

# Mamas

**Choreographer :** Paolo Bernasconi (CH) – October 2022  
**Description :** Level Improver, 32 counts, 2 Tags, 2 walls  
**Music :** Mamas – Anne Wilson ft. Hillary Scott (160 bpm)  
**Intro :** 23 sec, start on Lyrics

**[1-8] KICK R, STEP BACK, KICK L, STEP BACK, FLICK R, STOMP, R HEEL FAN, HEELS SWIVEL**

1-2 kick R fwd, step R back [12.00]  
3-4 kick L fwd, step L back  
5-6 kick R back, stomp R fwd  
7-8 swivel R toe out, swivel both heels left (¼ turn to right) [3.00]

**[9-16] PART RUMBA BOX BACK, ¼ PIVOT, PART RUMBA BOX RIGHT, SCUFF**

1-2 L to left, R next to L  
3-4 step L back, ¼ turn to right on L and flick R [6.00]  
5-6 step R to right, step L next to R  
7-8 step R fwd, scuff L next to R

**Restart here during 5th and 11th repetition**

**[17-24] JUMP, ROCK BACK, STOMP R X 2, HEELS TWIST, PIVOT, SIDE**

1-2 jump L fwd and touch R next to L, jump R back and kick L fwd  
3-4 jump back on L and stomp R next to L, stomp R fwd  
5-6 swivel both heels to right, swivel both heels back to left (final weight on left)  
7-8 ½ pivot on L to the right, step R to side [12.00]

**[25-32] CROSS, SIDE ROCK CROSS, ROCK STEP, ½ PIVOT, STOMP UP**

1-2 cross L over R, step R to right  
3-4 weight back on L, step R fwd  
5-6 step L fwd, weight back on R with ½ turn to the left [6.00]  
7-8 step L in place, stop R up beside L

**Repeat**

**Restart: During 5th and 11th repetition, after 16 counts**

TAG 1 (4 counts) at the end of 2nd repetition

**[1-4] TOE STRUTS R & L**

TAG 2 (8 counts) at the end of 12th repetition

**[1-8] TOE STRUTS R & L, HEEL TOUCHES R & L**