

Mama Don't Stress

64 Count, 2 Wall, Intermediate Choreographer: Gemma Ridyard & Lyn Ridyard (UK) Jun 2017 Choreographed to: Mama by Jonas Blue

Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Section 1:

(Dance 4 Walls Of 64 Counts; On Wall 5 - Facing 12:00, Dance From Counts 33-64)

Monterey 1/2 Turn R, Side Rock Cross, 1/4 1/2, 1/4 C Shape Hip Bump

1-2 3&4 5-6 7&8	Point R toe to R side, make ½ turn R close RF next to LF Rock LF to L side, replace weight onto RF, cross LF over RF make a ¼ L step back on RF, make ½ turn L stepping LF forward make a ¼ turn left as you bump R hip up, bump weight back to LF, make a ¼ turn left as you bump R hip down (3:00)
Section 2: 1 2& 3-4 5-6 7-8	Walk Walk Lock, 2 X Bounce Unwind ¾ L, House Tap ½ Turn (Monteray ½ Turn) Step LF forward, step RF forward, lock LF behind RF on toes unwinding ¾ turn L bouncing heels twice (6:00) press ball of RF to R side, make a ½ turn R closing RF to LF press ball of LF to L side, close LF next to RF
Section 3:	Step RF Out Cross Hands Over Chest, Open Both Hands To Shoulders, Bend Both Knees Hands Drop To R Knee, L Heel Flick X2, L Sailor $\frac{1}{2}$ Turn
1&2	step RF to R side angling body to 11:30 bring R hand to L shoulder & L hand to R shoulder, angling body to 1:30 bring R hand to R shoulder bring L hand to L shoulder, bend both knees
3-4	start to straighten both knees as you pop chest, bend both knees (Rise & Drop)
5&6 7&8	Flick L heel to L side, flick L heel in towards RF, flick L heel out making ½ turn L crossing LF behind RF, step RF to R side, cross LF over RF
Section 4:	Step Touch, Step Touch, Out Out In In, Walk Back With Knee Pops
1-2	step RF to R side, touch LF next to RF (both arms stretched forward, draw left hand into shoulder)
3-4	step LF to L side, touch RF next to LF (both arms stretched forward, bend R elbow take R fist behind head)
5&6&	step R Heel out to R side, step L Heel out to L side, step RF in, step LF next to RF
7-8 (Start Wall 5 F	step RF back popping L knee forward, step LF back popping R knee forward From Here Facing 12:00)
Section 5:	1/8 Walk 1/8 Walk , ¼ Shuffle, 1/8 Walk 1/8 Walk, ½ Shuffle
1-2	make 1/8 turn R step RF forward, make 1/8 turn R step LF forward
3&4	make a ¹ ⁄ ₄ turn R step RF forward, close LF next to RF, step RF forward
5-6	make 1/8 turn R step LF forward, make 1/8 turn R step RF forward
7&8	make a $\frac{1}{2}$ turn L step LF back, step RF next to LF , step LF back
Section 6:	Back Sweep X2, Sailor ¼ Cross, Ball Cross Hold, Walk Side Cross
1-2	Step RF back sweeping LF from front to back, step LF back sweeping RF from front to back
3&4 856	making a ¼ turn R cross RF behind LF, step LF to L side, cross RF over LF step ball of LF to L side, cross RF over LF, hold
&56 7-8	step LF to L side, cross RF over LF (pop chest as you push hands forward)
7-0	step LF to L side, closs KF over LF (pop chest as you push hands lorward)
Section 7:	Syncopated Side Rocks, Sailor ½ Turn R, LF Forward Rock
1 2&	Rock LF to L side, replace weight onto RF, close LF next to RF
3-4	Rock RF to R side, replace weight onto LF
5&6 7-8	making ½ turn R crossing RF behind LF, step LF to L side, step RF to R side rock LF forward, replace weight onto RF
Section 8:	Swivel Walks Back X2, Coaster Step, Point & Point & Point Touch Hitch
1-2	step back on LF swivelling RF, step back on RF swivelling LF
3&4	step back on LF, close RF next to LF, step LF forward
5&6&	point RF to R side, close RF next to LF, point LF to L side, close LF next to RF
7&8	point RF to R side, touch R toe next to LF, hitch R knee forward