

# Oh Mama

Released at LDF Yorkshire Day of Dance

**Choreographers:** Alan G. Birchall & Jacqui Jax (Nuline Dance)

**Level:** Intermediate

**Dance:** 64 Count **Walls:** 2

**Tags/Restarts:** One

**Music:** Mama - Gashi & Sting **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 Step 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, ¾ 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 ¾ Triple Turn Left Stepping Left, Right, Left **06:00**

**START AGAIN**

