

Mama Don't Dance

48 count, 4 wall, improver level

Choreographer: Doug & Jackie Miranda (USA)

Oct 2007

Choreographed to: Your Mama Don't Dance by Loggins And Messina, CD: The Best Of Friends

SIDE TOE STRUTS TO RIGHT SIDE; SIDE ROCK, RECOVER, CROSS, HOLD

- 1-4 Touch right toe to right side, step down on right heel,
cross left toe over right, step left heel down
- 5-8 Rock right to right side, recover on left, cross right over left, hold

SIDE TOE STRUTS TO LEFT SIDE; SIDE ROCK, RECOVER, CROSS, HOLD

- 1-4 Touch left toe to left side, step down on left heel, cross right toe over left, step right heel down
- 5-8 Rock left to left side, recover on right, cross left over right, hold

SIDE MAMBO TO RIGHT, SIDE MAMBO TO LEFT

- 1-4 Rock right to right side, recover on left, step right next to left, hold
- 5-8 Rock left to left side, recover on right, step left next to right, hold

Optional alternate steps:

½ TURN MONTEREY 2X; STEP FORWARD, ½ TURN, HOLD; STEP FORWARD, ½ TURN, HOLD

- 1-2 Touch right toe to right side, pivot on ball of left and turn ½ turn right as you swing right around
and step right next to left with weight on right
- 3-4 Touch left toe to left side, step left next to right (weight on left)
- 5-8 Repeat steps 1-4 above)

MAMBO FORWARD, MAMBO BACK

- 1-4 Rock forward on right, recover back on left, step right next to left, hold
- 5-8 Rock back on left, recover forward on right, step left next to right, hold

Optional alternate steps:

STEP FORWARD, ½ TURN LEFT, STEP FORWARD, HOLD; STEP FORWARD, ½ TURN RIGHT, STEP FORWARD, HOLD

- 1-4 Step forward on right, turn ½ turn left transferring weight to left, step forward on right, hold
(weight on right)
- 5-8 Step forward on left, turn ½ turn right transferring weight to right, step forward on left, hold
(weight on left)

DIAGONAL STEPS FORWARD WITH HOLDS; STEPS BACK WITH HOLDS

- 1-4 Step forward on right at right diagonal, hold; step forward on left at left diagonal, hold
For styling, raise arms and swing them right and left snapping fingers on hold counts 2 & 4
- 5-8 Step back on right, hold; step back on left next to right, hold
For styling, lower arms swinging them right and left snapping fingers on hold counts 6 & 8)

STEP FORWARD, HOLD, ¼ TURN LEFT, HOLD, JAZZ BOX

- 1-4 Step forward on right, hold; turn ¼ turn left, hold (weight on left)
- 5-8 Jazz box stepping right over left, step back on left, step right to right side, step left next to right