



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Mama Rock Me

64 Count, 4 Wall, Improver

Choreographer: Pam Cassells (Aus) May 2013

Choreographed to: Wagon Wheel by Darius Rucker (74 bpm)

Starts on vocals – 48 counts in

1,2 Step R forward, touch L beside R,
3,4 Step L forward, touch R beside L,
5,6,7,8 Step R back, cross L over R, step R back, touch L beside R,

1,2 Step L back, touch R beside L,
3,4 Step R back, touch L beside R,
5,6,7,8 Step L back, cross R over L, step L back, touch R beside L,

1,2,3,4 Vine R - step R to R side, step L behind R, step R to R side, touch L beside R,
5,6,7,8 Touch L heel to L45, hook L over R shin, touch L heel to L 45, touch L beside R,

1,2,3,4 Vine L - step L to L side, step R behind L, step L to L side, touch R beside L,
5,6,7,8 Touch R heel to R45, hook R over L shin, touch R heel to R45, touch R beside L,

1,2,3,4 R rocking chair - step R forward, rock back on L, step R back, rock forward on L,
5,6,7,8 Step R forward, lock L behind R, step R forward, touch L beside R,

1,2,3,4 L rocking chair - step L forward, rock back on R, step L back, rock forward on R,
5,6,7,8 Step L forward, lock R behind L, step L forward, touch R beside L,

1,2,3,4 Step/rock R to R side, rock/replace weight onto L, step R over L, hold,
5,6,7,8 Step/rock L to L side, rock/replace weight onto R, step L over R, hold,

1,2 Step R to R side, step L beside R,
3,4 Hips - L, R,
5,6 Step L to L side, turning 90 degrees R on L dragging R up to L - weight on L,
7,8 Step R back, step L beside R (coaster step style).

Restart: During wall 3 - dance the first 32 counts and Restart again.