

## Mama's Broken Heart

32 Count, 2 Wall, Beginner, Polka

Choreographer: Dixie Lynn (USA) Feb 2013

Choreographed to: Mama's Broken Heart by Miranda Lambert

---

Intro: 16

### **RIGHT CROSS SHUFFLE FORWARD, LEFT CROSS SHUFFLE, FORWARD ROCK**

- 1&2 Locking chassé forward right-left-right
- 3&4 Locking chassé forward left-right-left
- 5-6 Rock right forward, recover to left
- 7-8 Rock right forward, recover to left (or roll hips to left)

### **RIGHT SHUFFLE STEP BACK, LEFT SHUFFLE STEP BACK, BACK ROCK**

- 1&2 Chassé back right-left-right (can angle your body right as you shuffle back)
- 3&4 Chassé back left-right-left (can angle your body left as you shuffle back)
- 5-6 Rock right back, recover to left
- 7-8 Rock right back, recover to left (or roll hips to left)

**Music pauses here** on wall 8, facing the back wall. Rock hips 5-6-7 and continue dance with count 17

### **RIGHT SHUFFLE FORWARD, ½ TURN RIGHT, LEFT ROCK FORWARD, TURN ¼ LEFT SAILOR**

- 1&2 Chassé forward right-left-right
- 3-4 Step left forward, turn ½ right (weight to right) (6:00)
- 5-6 Rock left forward, recover to right
- 7&8 Turn ¼ left and left sailor step

### **HIP BUMPS RIGHT AND LEFT, RIGHT JAZZ BOX, TURN ¼ RIGHT, STOMP RIGHT, LEFT**

- 1-2 Hip right, hip right
- 3-4 Hip left, hip left
- 5-6 Cross right over left, step left back
- 7-8 Turn ¼ right and stomp right forward, stomp left forward

**ENDING** Dance ends with rock & rolls facing (6:00) step right back, turn ½ right to face 12:00

---