

Mama's Words

32 count, 2 wall, beginner level

Choreographer: Henry Costa (USA) Feb 2008

Choreographed to: Listen To Mother's Words by Jay Chou (96 bpm), CD: Still Fantasy

SIDE, TOGETHER, SIDE, TOGETHER, RIGHT SIDE SHUFFLE, CROSS SIDE, BACK, CROSS

1-4 Step side right, step left next right, step side right, step left next to right

Optional arm movements: as you step side right, wave left hand across the top of head, just past right of head, arm slightly bent. Back to left when step next to starting foot. Think of arm waving side to side at a concert.

5&6 (Right side shuffle) Step side right, slide left next to right, step side right (arm now at side)

7&8& Cross left in front of right, step side right, step back left (slightly back past right), cross right in front of left (weight on right)

SIDE, TOGETHER, SIDE, TOGETHER, LEFT SIDE SHUFFLE, CROSS, SIDE, BACK, CROSS

1-4 Step side left, step right next left, step side left, step right next left.

Optional arm movements: as you step side right, wave left hand across the top of head, just past right of head, arm slightly bent. Back to left when step next to starting foot. Think of arm waving side to side at a concert.

5&6 (Left side shuffle) Step side left, slide right next to left, step side left (arm now at side)

7&8& Cross right in front of left, step side left, step back right (slightly back past left), cross left in front of right (weight on left)

LONG STEP SIDE RIGHT, SLIDE TOUCH LEFT NEXT TO RIGHT, ¼ LEFT SIDE SHUFFLE, LONG STEP SIDE RIGHT, ¼ LEFT SIDE SHUFFLE

1-2 Long step side right, slide left toe touch next to right

3&4 (1/4 turn left side shuffle to left) Step left 1/8 turn to left, slide right next to left to continue the turn, step side left 1/8 of turn to complete ¼ turn

5-6 Long step side right, slide left toe touch next to right

7&8 (1/4 turn left side shuffle to left) Step left 1/8 turn to left, slide right next to left to continue the turn, step side left 1/8 of turn to complete ¼ turn (weight on left)

45° ANGLE RIGHT SHUFFLE FORWARD, 45° ANGLE LEFT FORWARD SHUFFLE, SKATE STEP RIGHT ANGLE FORWARD, SKATE STEP LEFT ANGLE FORWARD

1&2 (Right 45° angle/right shuffle forward) Step forward right, slide left forward next to right, step forward right

3&4 (Left 45° angle/left shuffle forward) Step forward left, slide right forward next to left, step forward left

5-6 (Right skate step forward) Slide right forward (turning body slightly to right), slide touch left toe next to right

7-8 (left skate step forward) Slide left forward (turning body slightly to left), slide touch right toe next to left (weight on left)

This dance is dedicated to Mom for whose love and support keeps me Dancin' and to every Mom who supports their child's dancing!