



Time For Mam

32 Count, 4 Wall, Improver

Choreographer: Sadiah Heggernes (NOR/UK) February 2019

Choreographed to: Good Timin by Jimmy Jones (148bpm)

16 count intro, start on vocals

S1 Side Toe Strut, Cross Toe Strut, Vine with Cross

1-2 Step R toes to R side. Step down on R heel
3-4 Cross L toes over R. Step down on L heel
5-6 Step R to R side. Cross L behind R
7-8 Step R to R side. Cross L over R.

S2 Side Rock, Rock Back, ¼ Mambo R, Cross

1-2 Rock R to R side. Recover onto L
3-4 Rock back on R. Recover onto L
5-6 Rock forward on R. Recover onto L
7-8 ¼ turn R. Step R to R side. Cross L over R 3.00

S3 Rumba Box Forward, Touch, Rumba Box Back, Hook

1-2 Step R to R side. Step L beside R.
3-4 Step forward on R. Touch L beside R
5-6 Step L to L side. Step R beside L
7-8 Step back on L. Hook R in front of L

S4 Forward Lockstep, Rock Forward, ¼ Turn L, Side, Tog, ¼ Turn L, Step

1,2,3 Step forward on R. Lock L behind R. Step forward on R
4,5,6 Rock forward on L. Recover onto R. ¼ turn L. Step L to L side. 12.00
7-8 Close R beside L. ¼ turn L. Step forward on L 9.00

Tag At the end of Wall 1 (facing 9.00), Wall 3 (facing 3.00) and wall 5 (facing 9.00)

Very easy to hear after the 'Doo, doo'

1-4 Step R to R side. Bumps hips R-L-R-L

Note This is for my Mam who danced many times to this song in her youth – when her memory was strong and alert. Sadly now she doesn't remember.....

Music download available from iTunes



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