



Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 CROSS, SIDE, CLOSE LIFT & CLAP, CLAP, CROSS, SIDE, CLOSE LIFT & CLAP, CLAP

- 1-2 Cross L over R, Step Side R
- 3-4 Close L next to R lift up on toes & clap hands, Clap
- 5-6 Cross R over L, Step Side L
- 7-8 Close R next to L lift up on toes & clap hands, Clap

SEC 2 ROCK, BALL CROSS, SIDE, BEHIND, ¼ STEP, STEP, ½ PIVOT

- 1-2 Cross rock L over R, Recover R
- &3-4 Step L next to R Cross R over L, Step Side L
- 5-6 Cross R Behind L, ¼ left Stepping fwd L (9:00)
- 7-8 Step fwd R ½ pivot left on L (3:00)

SEC 3 ½ SHUFFLE BACK, ROCK BACK, ¼ CHASSE, ½ SIDE ROCK

- 1&2 ½ left Stepping back R, Step L next to R, Step back on R (9:00)
- 3-4 Rock back L, Recover fwd on R
- 5&6 ¼ right Stepping Side L, Close R next to L, Step Side L (12:00)
- 7-8 ½ right hinge rocking side R, Recover L (6:00)

SEC 4 CROSS, HOLD, BALL CROSS, ¼ BACK, BACK ROCK, FULL TURN

- 1-2 Cross R over L, Hold, Step L next to R
- 3-4 Cross R over L, ¼ right Stepping Back L (9:00)
- 5-6 Back rock R, Recover L
- 7-8 ½ left Stepping Back R, ½ left Stepping fwd L (9:00)

SEC 5 ROCK, HOP BACK X2, ROCK BACK, STEP, BRUSH

- 1-2 Rock fwd R, Recover L
- 3-4 Hop Back R Hitching L Knee, Hop Back R Keeping L Knee Hitched
- Option** Step back R, Hitch L knee
- 5-6 Rock back L, Recover fwd R
- 7-8 Step fwd L, Brush RF fwd

SEC 6 ¼ JAZZ BOX, WALK, WALK, ROCK FWD

- 1-2 Cross R over L, ¼ right Stepping back L (12:00)
- 3-4 Step Side R, Drag LF to meet RF, taking weight onto LF
- 5-6 Walk fwd R, Walk Fwd L
- 7-8 Rock fwd R, Recover back L

Mama's Beat
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Mama's Beat

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SEC 7 SIDE, HOLD, BALL SIDE, CLOSE, TOE SWISHES X2, TAP, FLICK

- 1-2 Step Side R, Hold
- &3-4 Step L next to R, Step Side R Step L next to R
- 5-6 Point R Toe to right diagonal and Sweep across to L, Sweep R Toe back out towards right diagonal
- 7-8 Tap R Toe to Right side, Flick R behind L leg

SEC 8 STEP, ROCK FWD, BACK LOCK STEP, ¾ BOX

- 1-2-3 Step Fwd R, Rock fwd L, Recover Back R
- 4&5 Step Back L, Lock R in front of L, Step Back L
- 6-7-8 ¼ Right Stepping Side R, ¼ Right Stepping Side L, ¼ Right Stepping Side R (9:00)

