My Mama Said

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48 Count 2 Wall Intermediate Level Dance.
Choreographed by: Maddison Glover (AUS) Nov 2026
Choreographed to: My Mama Said by The Stompers
Intro: 48 Counts. Start at approx 22 secs.

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SEC 1	**FORWARD, ROCK, BACK SWEEP, BACK SWEEP, BEHIND, SIDE, CROSS, ¼ BACK**
1-2	Step R fwd, rock L fwd bend both knees
3-4	Step R back sweep L from front to back, step L back sweep R from front to back
5-6	Cross R behind L, step L to L side
7-8	Cross R over L, turn ¼ R stepping L back (3:00)
SEC 2	**BACK ROCK, SCUFF, OUT-OUT, TOE, HEEL BOUNCE, SIDE, TOUCH, HOLD**
1-2	Rock R back, recover weight fwd onto L
3&4	Scuff R fwd, step R to R side, step L in place
5&6	Touch R together, raise R heel up, lower R heel down
&7-8	Step R to R side, touch L toe beside R, hold
SEC 3	**SIDE, CROSS, BACK, BACK, CROSS, BACK, ½ FORWARD, WALK, WALK**
&1-2	Step L to L side, cross R over L, step L back
3-4	Step R back, cross L over R
5-6	Step R back, ½ turn L stepping L fwd (9:00)
7-8	Walk R fwd, walk L fwd
SEC 4	**ROCK, ½ PONY, ½ PONY, PONY**
1-2	Rock R fwd, recover weight back onto L
3&4	½ Turn R stepping R fwd slightly hitch L knee, recover onto L, step R fwd slightly hitch L knee (3:00)
5&6	½ Turn R stepping L back slightly hitch R knee, recover onto R, step L back slightly hitch R knee (9:00)
7&8	Step R back slightly hitch L knee, recover onto L, step R back slightly hitch L knee
Option	
3&4	Step R back slightly hitch L knee, recover onto L, step R back slightly hitch L knee
5&6	Step L back slightly hitch R knee, close R together, step L back slightly hitch R knee
SEC 5	**BACK KICK, FORWARD, SHUFFLE, POINT FORWARD, HOLD, COASTER**
1-2	Step L back kick R fwd, step R fwd
3&4	Step L fwd, close R together, step L fwd
5-6	Point R toe fwd, hold
7&8	Step R back, close L together, step R fwd

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SEC 6	**POINT FORWARD, POINT SIDE, SAILOR, CROSS ¾ TURN, FORWARD**
1-2	Point L toe fwd, point L toe to L side
3&4	Cross L behind R, step R out to R, step L to L side
5-6	Cross R over L, turn ¼ R stepping L back (12:00)
7-8	Make ½ turn R stepping R fwd, step L fwd (6:00)
Ending	At the end of Wall 7
1-2	Stomp R fwd, hold clap hands
3-4	Pivot ½ turn L weight on L, clap hands (12:00)
5-6	Stomp R fwd, stomp L fwd
7-8	Stomp R fwd, hitch L knee up
Arms	8 punch R arm in the air with closed fist