



# MAMA ROCK ME

**Type :** Danse en couple

**Comptes:** 64 comptes, en cercle

**Chorégraphe :** Guenther Wodlei

**Niveau:** Novice

**Musique:** "Wagon Wheel" by Nathan Carter (146 BPM)

**Starting position:**

**Facing 12.00**

**Sweetheart position**

## **Section 1: 1-8 H: LOCK STEP, SCUFF, X2**

1-4 HF: PD Step forward, PG Cross behind, PD Step forward, PG Scuff forward

5-8 HF: PG Step forward, PD Cross behind, PG Step forward, PD Scuff forward

## **Section 2: 9-16 HF: GRAPEVINE, SCUFF, $\frac{1}{4}$ TURN STEP 2X, CROSS BEHIND, STEP R**

9-12 HF: PD Step R, PG Cross behind, PD Step D, PG Scuff forward

13-16 H: PG  $\frac{1}{4}$  Turn L, step forward (9:00), PD  $\frac{1}{4}$  Turn G, step L (6:00 PD),  
PG Cross behind, PD Step D

**F: PG  $\frac{1}{4}$  Turn D, step backwards (3:00), PD  $\frac{1}{4}$  Turn D, step D (6:00), PG  
Cross behind, PD Step D**

## **Section 3: 17-24 JAZZ BOX, TOE STRUT 2X**

17-20 H: PG Cross over, PD Step backwards, PG Step side, PD Step forward,

**F: PG Cross over, PD Step backwards, PG Step L, PD Step forward**

21-24 H: PG  $\frac{1}{4}$  Turn D, step backwards on ball (6:00), PG Drop heel, PD  $\frac{1}{4}$  Turn  
D, step D

**F: PG  $\frac{1}{4}$  Turn G, step forward on ball (3:00), 22 PG Drop heel, PD  $\frac{1}{4}$  Turn  
G, step D on ball (12:00), PD Drop heel**

## **Section 4: 25-32 TOE STRUT 2X, JAZZ TRIANGLE, SCUFF**

25-28 HF: PG Cross over on ball, PG Drop heel, PD Step side on ball,  
PD Drop heel

29-32 HF: PG Cross over, PD Step backwards, PG Step L, PD Scuff forward

**Section 5: 33-40 HEEL, HOOK, HEEL, FLICK, HEEL, HOOK, STEP, HOLD**

33-36 HF: PD Touch heel forward, PD Hitch crossed over, PD Touch heel forward, PD Flick backwards

37-40 HF: PD Touch heel forward, PD Hitch crossed over, PD Step forward, PD Hold

**Section 6: 41-48 HEEL, HOOK, HEEL, FLICK, HEEL, HOOK, STEP, HOLD**

41-44 HF: PG Touch heel forward, PG Hitch crossed over, PG Touch heel forward, PG Flick backwards

45-48 H: PG Touch heel forward, PG Hitch crossed over, PG Step forward, Hold  
F: PG Touch heel forward, PG Hitch crossed over, PG Step forward, PD Step together

**Section 7: 49-56 H:  $\frac{1}{2}$  STEP TURN R, STEP, HOLD,  $\frac{1}{2}$  TURN R, STEP, HOLD**

**F:  $\frac{1}{2}$  STEP TURN R, STEP, HOLD,  $\frac{1}{2}$  TURN L 2X, STEP, HOLD**

49-52 H: PD Step forward, PG  $\frac{1}{2}$  Turn L, recover weight (6:00), PD Step forward, Hold

F: PG Step forward, PD  $\frac{1}{2}$  Turn D, recover weight (6:00), PG Step forward, Hold

53-56 H: PG  $\frac{1}{2}$  Turn D, step backwards (12:00), PD  $\frac{1}{2}$  Turn D, step forward (6:00), PG Step forward, PG Hold

F: PD  $\frac{1}{2}$  Turn G, step backwards (12:00), PG  $\frac{1}{2}$  Turn G, step forward (6:00), PD Step forward, Hold

**Section 8: 57-64 H:  $\frac{1}{2}$  STEP TURN L, STEP, TOGETHER, SWIVET R, SWIVET L**

**F:  $\frac{1}{2}$  STEP TURN R, STEP, TOGETHER, SWIVET R, SWIVET L**

57-60 H: PD Step forward, PG  $\frac{1}{2}$  Turn G, recover weight (12:00), PD Step forward, PG Step together

F: PG Step forward, PD  $\frac{1}{2}$  Turn D, recover weight (12:00), PG Step forward, PD Step together

61-64 H: PD Turn toe D, weight on heel, PG Turn heel G, weight on toe, PD Recover to center, PG Recover to center, PG Turn toe G, weight on heel, PD Turn heel D, weight on toe, PG Recover to center, PD Recover to center

F: PG Turn toe D, weight on heel, PG Turn heel G, weight on toe, PD Recover to center, PG Recover to center, PG Turn toe G, weight on heel, PD Turn heel D, weight on toe, PG Recover to center, PD Recover to center