

MAMA SAID

Choreographers: Bob & Sally Nolen
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Rhythm & Phase: 2 Step Phase II +2 (Strolling Vine, Shag Step)
Music: Mama Said by The Shirelles - Their Very Best
Speed: As Download from Amazon & Time: 2:09 Min
Sequence: Introduction A B A B A C A End

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Difficulty: Above Avg
Web Site: dreamarounds.com
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Introduction

1-4 Wait: Wait: (Op Fcng Wall) Apt Pt: Tog Tch:

- 1 {Wait} Wait 1 meas;
- 2 {Wait} Wait 1 meas;
- 3 {Apt Pt} In op fcng & wall step apart,-, point;
- 4 {Tog Tch} together, -, tch to Scp ;

Part A

1-4 2 Fwd 2 Steps: ; Half-Box; Thru Scis to SCP:

- 1-2 {2 Fwd 2 Steps} In Scp fwd L, cl R, fwd L,-; fwd R, cl L, fwd r,- ;
- 3 {Half-Box} Sd L, cls R, Fwd L,-;
- 4 {Thru Scis} Sd R, cls L, x R over L to scp,-;

5-8 Vin Apt 3; Vin Tog 3 to Fc; Thru Scis ; Fan CIs (CP/W):

- 5 {Vin Apt 3} Sd L, x R bhnd L, sd L, tch R;
- 6 {Vin Tog 3 to Fc} Sd R, x L bhnd R, sd R, tch L to fc;
- 7 {Thru Scis } Sd L, cls R, x L over R-;
- 8 {Fan CIs} Fan R, -, cls R to cp/w, - ;

Part B

1-6 Slow Hov 4:: Strlig Vin: : : :

- 1-2 {Slow Hov 4} Fwd L-, Fwd R on toe chking fwd motion-, rec sd L-, step thru R-;; (bk R-, bkL rise to toe-, rec sd R-, step thru L-;)
- 3-6 {Strlig Vin} From CP/W Sd L-, x R bhnd L,-; Sd L, cls R, trn on L rt fc twrd COH,-; Sd R, -, x L bhnd R,-; sd R, cls L, trn on R rt fc twrd Wall,-;

7-8 2 Trng 2 Stps to SCP: :

- 7-8 {2 Trng 2 Stps} From CP/W Sd L, commencing right fc trn cls R, step bk L continuing the right fc trn across line of progression to 1/2 trn,-; Sd R, cl L, continuing right fc trn step R between partner's feet,-;

Part A

1-4 2 Fwd 2 Steps: ; Half-Box; Thru Scis to SCP:

- 1-2 {2 Fwd 2 Steps} in Scp fwd L, cl R, fwd L,-; fwd R, cl L, fwd r,- ;
- 3 {Half-Box} Sd L, cls R, Fwd L,-;
- 4 {Thru Scis} Sd R, cls L, x R over L to scp,-;

5-8 Vin Apt 3; Vin Tog 3 to Fc; Thru Scis ; Fan CIs (CP/W):

- 5 {Vin Apt 3} Sd L, x R bhnd L, sd L, tch R;
- 6 {Vin Tog 3 to Fc} Sd R, x L bhnd R, sd R, tch L to fc;
- 7 {Thru Scis } Sd L, cls R, x L over R-;
- 8 {Fan CIs} Fan R, -, cls R to scp, - ;

Part B

1-6 Slow Hov 4:: Strlig Vin: : : :

- 1-2 {Slow Hov 4} Fwd L-, Fwd R on toe chking fwd motion-, rec sd L-, step thru R-;; (bk R-, bkL rise to toe-, rec sd R-, step thru L-;)
- 3-6 {Strlig Vin} From CP/W Sd L-, x R bhnd L,-; Sd L, cls R, trn on L rt fc twrd COH,-; Sd R, -, x L bhnd R,-; sd R, cls L, trn on R rt fc twrd Wall,-;

7-8 2 Trng 2 Stps to SCP: :

- 7-8 {2 Trng 2 Stps} From CP/W Sd L, commencing right fc trn cls R, step bk L continuing the right fc trn across line of progression to 1/2 trn,-; Sd R, cl L, continuing right fc trn step R between partner's feet,-;

Part A

1-4 2 Fwd 2 Steps; : Half-Box: Thru Scis to SCP:

- 1-2 {2 Fwd 2 Steps} In Scp fwd L, cl R, fwd L,-; fwd R, cl L, fwd r to cp/w,-;
3 {Half-Box} Sd L, cls R, Fwd L,-;
4 {Thru Scis} Sd R, cls L, x R over L,-;

5-8 Vin Apt 3: Vin Tog 3 to Fc: Thru Scis : Fan CIs (CP/W):

- 5 {Vin Apt 3} Sd L, x R bhnd L, sd L, tch R;
6 {Vin Tog 3 to Fc} Sd R, x L bhnd R, sd R, tch L to fc;
7 {Thru Scis} Sd L, cls R, x L over R-;
8 {Fan CIs} Fan R,-, cls R,-;

Part C

1-4 2 Fwd 2 Steps to FCW No HNDS: : Shag Stp 4 & Sd Drw: :

- 1-2 {2 Fwd 2 Steps} In Scp fwd L, cl R, fwd L,-; fwd R, cl L, fwd r,-;
3-4 {Shag Stp 4 & Sd Drw} Fc your partner no hands joined cls L/lift while kicking R out to sd, cls R/lift while kicking L to sd, cls L/lift while kicking R to sd, cls R/lift while kicking L to sd; Sd L,-, Draw R,-;

5-8 Shag Stp 4 & Sd Drw :; Qk Rk Fwd Rec, Rk Bk Rec 2X (Scp/LOD):

- 5-6 {Shag Stp 4 & Sd Draw} Fc your partner no hands joined cls R/lift while kicking L to sd, cls L/lift while kicking R to sd, cls R/lift while kicking L to sd, cls L while kicking R to sd; Sd R,-, Draw L,-;
7-8 {Qk Rk Fwd Rec, Rk Bk Rec 2X} Rk fwd L, rec R, rk fwd L, rec R; Rk fwd L, rec R, rk fwd L, trng to scp rec R;

Part A

1-4 2 Fwd 2 Steps: : Half-Box: Thru Scis:

- 1-2 {2 Fwd 2 Steps} In Scp fwd L, cl R, fwd L,-; fwd R, cl L, fwd r,-;
3 {Half-Box} Sd L, cls R, Fwd L,-;
4 {Thru Scis} Sd R, cls L, x R over L,-;

5-8 Vin Apt 3: Vin Tog 3 to Fc: Thru Scis : Fan CIs (BFLY/W):

- 5 {Vin Apt 3} Sd L, x R bhnd L, sd L, tch R;
6 {Vin Tog 3 to Fc} Sd R, x L bhnd R, sd R, tch L to fc;
7 {Thru Scis} Sd L, cls R, x L over R-;
8 {Fan CIs} Fan R,-, cls R,- bfly/w;

End

1-4 Fc to Fc: Bk to Bk to OPN: Vin Apt 3: Basketball Trn in 2 Fc Ln:

- 1 {Fc to Fc} Sd L, cls R & pivoting lf on L (to fc dlod/coh)-;
2 {Bk to Bk} Sd R, CIs L & pivoting rf on R (to fc dlod/w)-;
3 {Vin Apt 3} Sd L, x R bhnd L, sd L, tch R;
4 {Basketball Trn in 2 Fc Ln} Xross R over L towards coh trning counterclockwise,-, rec continuing to fc lod on L,-;

5-12 Vin Tog 3 to SCP: Wlk Pk Up: Trav Scis: : : :

- 5 {Vin Tog 3} Sd R, x L bhnd R, sd R, tch L to scp,-;
6 {Wlk Pk Up} Scp LOD walk L,-, fwd R picking up partner,-;
7-10 {Trav Scis} Sd L, with slight right body rotation cls R, fwd L crossing in front of R to sdcr,-; Fwd R,-, fwd L in sdcr,-; SdR, with slight right body rotation cls L, fwd R crossing in front of L to bjo,-; Fwd L,-, fwd R to bjo,-;

11-14 Htch Fwd 3: Scs Thru: Wlk & Fc: Sd Corte:

- 11 {Htch Fwd 3} Fwd L, cls R, bk L-;
12 {Scs Thru} Sd R, cls L, xross R over L to scp,-; (sd L to fc partner, cls R to L, xross L over R to Scp,-);
13 {Wlk & Fc} Fwd L, thru R-;
14 {Sd Corte} Sd L w/left sway lowering action on standing leg,-;