

## Back at Mamas

Count: 48

Wall: 4

Level: **Intermediate**

Choreographer: Andrew Palmer & Sheila Palmer and Tina Argyle. May 2016

Music: "Meanwhile Back at Mama's" by Tim McGraw. Album: Sundown Heaven Town.

Intro: 32 counts.

“Choreographed for the Costa Brava Line Dance Festival (Palafrugell) 2016”

### #1: FULL CIRCLE TURN L – WALK L. SCUFF R. WALK R. SCUFF L. SHUFFLE L. WALK R. SCUFF L. WALK L. SCUFF R. SHUFFLE R.

1&2& Walk Left, scuff Right, walk Right, scuff Left completing a 1/4 turn left (9:00).

3&4 Shuffle 1/4 turn Left (6:00) L-R-L.

5&6& Walk Right, scuff Left, walk Left, scuff Right completing a 1/4 turn Left (3:00).

7&8 Shuffle 1/4 turn Left (12:00) R-L-R.

### #2: STEP-PIVOT-STEP R. STEP-PIVOT-STEP L. HEEL L. STEP. HEEL R. STEP. WALK L. WALK R.

1&2 Step forward Left, pivot 1/2 turn Right (6:00), step forward Left.

3&4 Step forward Right, pivot 1/2 Left (12:00), step forward Right.

5& Dig Left heel forward, step in place beside Right.

6& Dig Right heel forward, step in place beside Left.

7-8 Walk forward Left, walk forward Right.

### \*\*\* Tag #1: during wall 3 (6:00) then Restart the dance.

1-2& Rock forward Left, recover, step ball of Left in place beside Right.

3-4 Step Right to Right side, touch Left beside Right

### #3: MAMBO FORWARD L. STEP SWEEP BACK (X3). R COASTER STEP. FULL TURN FORWARD R OVER 2 COUNTS.

1&2 Mambo forward Left – on the recover step back Left sweeping Right clockwise.

3 Step back Right while sweeping Left Anti-clockwise.

4 Step back Left while sweeping Right clockwise.

5&6 Right Coaster Step

7-8 Full turn Right – step back on Left (6:00), step forward on Right (12:00).

### #4: L DIAGONAL ROCK. RECOVER. L COASTER STEP. STEP-PIVOT 1/2 L. FULL TRIPLE-TURN L.

1-2 Rock forward Left to Left diagonal (10:30), recover.

3&4 Left Coaster Step.

5-6 Step forward on Right to the Left diagonal (10:30), pivot 1/2 turn Left (4:30).

7&8 Full Triple-Turn L – RLR (or easier option shuffle forward on Right).

### #5: L DIAGONAL ROCK. RECOVER. BEHIND SIDE CROSS. ROCK R. RECOVER 1/4 L. R SHUFFLE.

1-2 Rock forward Left to Left diagonal (4:30), recover.

3&4 Cross Left behind Right, step Right to Right side, cross Left over Right (6:00).

5-6 Rock Right to side, recover turning 1/4 turn Left (3:00).

7&8 Shuffle forward Right.

**#6: CROSS. BACK. CHASSE' L. CROSS. BACK. SLIDE R. TOUCH L.**

- 1-2 Cross Left over Right, step back on Right.  
3&4 Chasse' Left.  
5-6 Cross Right over Left, step back on Left.  
7-8 Step Right to Right side, touch Left beside Right.

**\*\*\* Tag #2 during wall 5 (12:00) then Restart the dance.**

- 1-4 Sway Left, sway Right, sway Left, and sway Right.

**Last Update - 7th June 2016**

