

Go Mama Go



Choreographed by: Kate Sala & Robbie McGowan Hickie (UK) Apr 09
Music: **Let Your Momma Go** by **Ann Tayler** (CD: Let Your Momma Go – 162 bpm)
Type: 4 wall, 64 counts
Level: Beginner/Intermediate

NOTES: 32 Count intro from the beginning
TAG at the end of 5th wall
FINISH included

SIDE STEP RIGHT, TOGETHER, ¼ TURN RIGHT, HOLD, STEP, PIVOT ½ TURN RIGHT, ¼ TURN RIGHT, HOLD

1 – 2 Step right to right side, close left beside right.
3 – 4 Make ¼ turn right stepping forward on right, hold.
5 – 6 Step forward on left, pivot ½ turn right.
7 – 8 Make ¼ turn right stepping left to left side, hold. [12:00]

BACK ROCK, TOE STRUT RIGHT, BACK ROCK, TOE STRUT LEFT

1 – 4 Rock back on right, rock forward on left, step right toe to right side, drop right heel to floor.
5 – 8 Rock back on left, rock forward on right, step left toe to left side, drop left heel to floor.

BEHIND, SIDE, CROSS, HOLD, SIDE ROCK, RECOVER ¼ TURN RIGHT, STEP FORWARD, HOLD

1 – 4 Cross right behind left, step left to left side, cross step right over left, hold.
5 – 6 Rock left to left side, recover weight on right making ¼ turn right.
7 – 8 Step forward on left, hold. [3:00]

DIAGONAL LOCKS STEP (RIGHT & LEFT) WITH SCUFF

1 – 4 Step right diagonally forward right, lock step left behind right, step right diagonally forward right, scuff left forward and out to left side.
5 – 8 Step left diagonally forward left, lock step right behind left, step left diagonally forward left, scuff right forward and out to right side.

REVERSE RUMBA BOX

1 – 4 Step right to right side, close left beside right, step back on right, hold.
5 – 8 Step left to left side, close right beside left, step forward on left, hold.

STEP, PIVOT ½ TURN LEFT, STEP FORWARD, HOLD, FULL TURN RIGHT (TRAVELLING FORWARD), HOLD

1 – 4 Step forward on right, pivot 1/2 turn left, step forward on right, hold.
5 – 8 Travelling forward make a full turn right stepping left. right. left, hold. [9:00]

Option 5 – 8: Left lock step forward with hold.

Continues...

Go Mama Go



...Continued

SIDE STEP RIGHT, TOES TOUCHES IN-OUT-IN, SIDE STEP LEFT, TOE TOUCHES IN-OUT-IN

- 1 Long step right to right side.
2 – 4 Touch left toe beside right, touch left toe out to left side, touch left toe beside right.
5 Long step left to left side.
6 – 8 Touch right toe beside left, touch right toe out to right side, touch right toe beside left.

MAMBO ½ TURN RIGHT, STOMP FORWARD, HOLD FOR 3 COUNTS

- 1 – 4 Rock forward on right, rock back on left, make ½ turn right stepping forward on right, hold.
5 – 8 Stomp forward on left; spreading hands out to each side, hold for 3 counts.
[3:00]

Start again!

TAG: *At the END of 5th wall (facing 3 o'clock)*

Dance the 1st section of the dance, only the counts 1 – 8, then continue with a 12 count tag as follows:

BEHIND, HOLD, ¼ TURN LEFT, HOLD, RIGHT JAZZ BOX CROSS WITH HOLDS

- 1 – 4 Cross right behind left, hold, make ¼ turn left stepping forward on left, hold.
5 – 12 Cross step right over left, hold, step back on left, hold, step right to right side, hold, cross step left over right, hold. [12:00]

Then restart the dance again from the beginning (facing 12 o'clock),

ENDING: *The music ends during the 8th wall (facing 3 o'clock)*

To finish facing the front wall dance up to count 12 (1 – 8 of the 1st section and 1 – 4 of the 2nd section), then:

ROCK BACK AND RECOVER, ¼ TURN, HOLD

- 5 – 6 Rock back on left, recover on right.
7 Make ¼ turn stepping forward on left.
8 Hold and pose!!!!

It is much easier than it looks. Trust Me!!!!