

MAMA KNOWS BEST



Chorégraphe : Bill BADER - Vancouver, BRITISH COLUMBIA - CANADA / Septembre 2002

LINE Dance : 32 temps - 4 murs

Niveau : débutant

Musique : **Mama knew best - The BORDERERS - BPM 90**

I don't want your honey, honey - Dayna WILLS

Traduit et préparé par Irène COUSIN, Professeur de Danse - 3 / 2006

Introduction : 32 temps

2 CHARLESTONS (KICK FORWARD, STEP BACK, TOE BACK, STEP FORWARD)

- 1.2 KICK PD devant - 1 pas PD arrière
- 3.4 TOUCH pointe PG arrière - 1 pas PG avant
- 5.6 KICK PD devant - 1 pas PD arrière
- 7.8 TOUCH pointe PG derrière - 1 pas PG avant

**RIGHT SIDE, TOGETHER, SIDE - TOGETHER - SIDE,
LEFT SIDE, TOGETHER, SIDE - TOGETHER - SIDE - STOMP**

- 1.2 1 pas PD côté D - 1 pas PG à côté du PD
- 3&4 SHUFFLE D latéral : 1 pas PD côté D - 1 pas PG à côté du PD - 1 pas PD côté D
- 5.6 1 pas PG côté G - 1 pas PD à côté du PG
- 7&8 SHUFFLE G latéral : 1 pas PG côté G - 1 pas PD à côté du PG - 1 pas PG côté G
- & STOMP-down PD à côté du PG

**"FOOT BOOGIE" : TOE FANS SINGLE RIGHT, SINGLE LEFT, DOUBLE RIGHT,
SINGLE LEFT, SINGLE RIGHT, DOUBLE LEFT**

- 1& FAN pointe PD " OUT " - " IN "
- 2& FAN pointe PG " OUT " - " IN "
- 3&4& FAN pointe PD " OUT " - " IN " - " OUT " - " IN "
- 5& FAN pointe PG " OUT " - " IN "
- 6& FAN pointe PD " OUT " - " IN "
- 7&8& FAN pointe PG " OUT " - " IN " - " OUT " - " IN "

**FORWARD, ROCK, BACK, ROCK,
FORWARD, HITCH, FORWARD, HITCH, FORWARD, HITCH, FORWARD, HITCH TURN 1/4**

- 1.2 ROCK STEP D avant , G arrière
- 3.4 ROCK STEP D arrière , G avant
- 5& 1 pas PD avant - HITCH genou G devant
- 6& 1 pas PG avant - HITCH genou D devant
- 7& 1 pas PD avant - HITCH genou G devant
- 8& 1 pas PG avant - 1/4 de tour G HITCH genou D devant

Mama Knows Best

For an intermediate-level dance to this song, please see "**Mama Jazz**".

Choreography by: Bill Bader Vancouver, BC, Canada 2002

Description : 4 Wall Line Dance, 32 Counts, Beginner Level 2

Choreography by: Bill Bader / Vancouver, BC, Canada 2002

Contact : 604-684-2455 billbader@hotmail.com www.billbader.com

Signature Song : "**Mama Knew Best**" by **The Borderers** (90 bpm)

Intro : 32 counts (NOT the Oh-oh-oh's)

Album : "Inspired!" (2002) - Australia Order from www.theborderers.com.au or your favourite linedance CD retailer (see Line-Links billbader.com/line-links.htm)

Alternate Song : "I Don't Want Your Honey, Honey" by Dayna Wills (floor split: Texan In A Stetson)

1-8 2 CHARLESTONS (KICK FWD, STEP BACK, TOE BACK, STEP FWD)

1-2 Kick R forward, Step R back

3-4 Touch L toe back, Step L forward

5-6 Kick R forward, Step R back

7-8 Touch L toe back, Step L forward

Styling: Put some bounce into these moves.

Option: The original "Charleston" dance also has swiveling action of the weighted foot.

9-16 R SIDE, TOGETHER, SIDE-TOGETHER-SIDE, L SIDE, TOGETHER, SIDE-TOGETHER-SIDE-STOMP

1-2 Step R to right side, Step L beside R

3&4 Step R to right side, Step L beside R, Step R to right side

5-6 Step L to left side, Step R beside L

7&8 Step L to left side, Step R beside L, Step L to left side

& Stomp R heel down* beside L. * Keep R heel on the floor, do not bounce it.

17-24 "Foot Boogie": TOE FANS SINGLE R, SINGLE L, DOUBLE R, SINGLE L, SINGLE R, DOUBLE L

1& Fan R toe out-in

2& Fan L toe out-in

3&4& Fan R toe out-in-out-in

5& Fan L toe out-in

6& Fan R toe out-in

7&8& Fan L toe out-in-out-in

25-32 FWD, ROCK, BACK, ROCK, FWD, HITCH, FWD, HITCH, FWD, HITCH, FWD, HITCH TURN 1/4

1-2 Step R forward, Rock back on L

3-4 Step R back, Rock forward on L

5& Step R forward, Raise L knee up in front of R knee

6& Step L forward, Raise R knee up in front of L knee

7& Step R forward, Raise L knee up in front of R knee

8& Step L forward, Raise R knee up in front of L knee turning ¼ left.

Note : The final move has the Right foot raised off the floor; the Right foot will remain off the floor as you begin again with a kick.

http://www.billbader.com/billdances_p2.htm