

Sweet Mamma

32 Count, 2 Wall, Beginner level

Choreographer: Karen Looker (Kaz) (UK) Dec 05

Choreographed To: Sweet Mama by Van Zant,

Album : Get Right With The Man (127 bpm);

Flashdance - What A Feeling by Irene Cara

Flashdance Original Soundtrack (122 bpm)

Start 16 counts from the start of the faster beat on the words "Well I hear the music"

Touch Side, Front, Side, Flick Behind, Grapevine Right

- 1-2 Touch right toe to right side, touch right toe in front of left foot
3-4 Touch right toe to right side, flick right foot behind left knee
(Option - You can slap your right heel with your left hand as you raise it)
5-6 Step right to right side, cross left behind right
7-8 Step right to right side, touch left beside right

Left Side Together, Chasse Left, Back Rock, Right Shuffle

- 1-2 Step left to left side, step right next to left
3&4 Step left to left side, close right next to left, step left to left side
5-6 Rock back on right, recover weight onto left
1st Tag comes here on wall 3 - see below
7&8 Step right forward, step left next to right, step right forward

Left Forward Rock, Back Shuffle, Back Rock, Step 1/4 L Pivot

- 1-2 Rock forward on left, recover weight onto right
3&4 Step left backward, step right next to left, step right backward
5-6 Rock back on right, recover weight onto left
7-8 Step right forward, pivot 1/4 turn to left

Touch Side And Side, Touch Heels Forward, Step 1/4 L Pivot, Stomp, Stomp

- 1& Touch right toe to right side, step right beside left
2& Touch left toe to left side, step left beside right
3& Touch right heel forward, step right beside left,
4& Touch left heel forward, step left beside right
5-6 Step right forward, pivot 1/4 turn left
7-8 Stomp right foot next to left foot, stomp left foot in place
2nd Tag comes here at the end of the 7th wall

TAGS :- On the Van Zant track only

- 1st Tag - danced after count 14 on wall 3 (facing 12 o'clock)
Replace forward shuffle counts 7&8 section 2 with a stomp right then left
7-8 Stomp right foot in place, stomp left foot in place
Then re-start the dance

2nd Tag - At the end of wall 7 (after count 32 you will turn to face the 12 o'clock wall - then add following tag)

2 X R Jazzboxes

- 1-2 Step right across left, step back on left
3-4 Step back on right, step left next to right
REPEAT

NB There are no tags required when using the Flashdance track.

Start Again And Enjoy!

