

# Mama No 1

**Count:** 32    **Wall:** 2    **Level:** Absolute Beginner

**Choreographer:** Micaela Svensson Erlandsson, Oct. 2015

**Music:** Number One For Me by Maher Zain



**\*\*Dedicated to my Mother, Monica Svensson, my hero.\*\***

## Intro 32 counts

### **Section 1: Walk. Walk. Step forward Bumping Hips R. Back. Back. Back. Step back Bumping hips L. Cross.**

- 1-2                    Walk forward on right. Walk forward on left.
- 3-4                    Step forward on right ball bumping hips to right side. Step back on right.
- 5-6                    Step back on left. Step back on right.
- 7-8                    Step back on left ball bumping hips to left side. Cross left over right.

### **Section 2: Point. Cross. Point. Step. 1/4 Turn left. Step. 1/4 Turn left.**

- 1-2                    Point right to right. Cross right over left.
- 3-4                    Point left to left. Cross left over right
- 5-6                    Step forward on right. Turn 1/4 left moving hips.
- 7-8                    Step forward on right. Turn 1/4 left moving hips.

### **Section 3: Side. Touch behind. Side. Touch behind. Grapevine right. Touch.**

- 1-2                    Step right to right. Touch left toes behind right.
- 3-4                    Step left to left. Touch right toes behind left.
- 5-8                    Step right to right. Cross left behind right. Step right to right. Touch left.

### **Section 4: Side. Touch behind. Side. Touch behind. Grapevine left. Touch.**

- 1-2                    Step left to left. Touch right toes behind left.
- 3-4                    Step right to right. Touch left toes behind right.
- 5-8                    Step left to left. Cross right behind left. Step left to left. Touch right.

**Styling: As you do the Side Touches in section 4, move arms back as you take the Step to the Side.**

**Move your arms forward and Click Fingers as you Touch Toes behind ( in 1/2 circle back and forth).**