

How's Your Mammy



Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Mike Hitchen (Aug 2016)

Music: Tuam Beat by Michael English

#32 Count Intro on heavy beat

S1: Side Together Forward Hold, Step lock Step Hold,

- 1-4 Step right to side, Step left together, Step right forward, Hold.
5-8 Step left forward, Lock right behind left, Step left forward, Hold.

S2: Right Mambo Step Hold, Run Back LRL Hold.

- 1-4 Rock right forward, Recover to left, Step right back, Hold.
5-8 Run back LRL, Hold.

S3: Right Sailor Step Hold, Left Sailor 1/4 Left, Hold.

- 1-4 Step right behind left, Step left to side, Step right to side, Hold.
5-8 Step left behind right, Step right back 1/4 turn left, step left forward, Hold.

S4: kick Ball Change Hold, Step 1/2 Step Hold.

- 1-4 Kick right forward, Step on ball of right, Step left forward, Hold.

*****Restart 3: here wall 6**

- 5-8 Step right forward, Pivot 1/2 turn left, Step right forward, Hold.

S5: Side Shuffle Hold, Rock back Step To Side Hold.

- 1-4 Step left to side, Step right together, Step left to side, Hold.
5-8 Rock right behind left, Recover to left, Step right to side, Hold.

S6: Coaster Step Hold, Step lock Step Hold.

- 1-4 Step left back, Step right together, Step left forward, Hold.

****Restart 2: here Wall 4**

- 5-8 Step right forward, Lock left behind right, Step right forward, Hold.

S7: Mambo 1/2 Turn Hold, Side Together Forward hold.

- 1-4 Rock left forward, Recover to right, Step left 1/2 left, Hold
5-6 Step right to right side, Step left together, Step right forward, Hold.

S8: Step lock Step Hold, Bump Hips RLRL.

- 1-4 Step left forward, Lock right behind left, Step left forward. Hold.

***Restart 1: here Wall 2**

- 5-8 Step right to side bumping hips RLRL.

*****3 Restarts**

***1st Restart wall 2 after 60 counts**

****2nd Restart wall 4 after 44 counts**

*****3rd Restart Wall 6 after 28 counts**

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