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Go Mama Go

4 WALL - 64 COUNTS - IMPROVER

Choreographed by: Kate Sala and Robbie McGowan Hickie (UK) April 2009

Choreographed to: 'Let Your Momma Go' by Ann Tayler (162 bpm) from CD Let Your Momma Go; also available as download from amazon.co.uk or iTunes (32 count intro)



Tag/Restart: There is one Tag danced during Wall 6, followed by a Restart

Actual footwork		Calling suggestion	Direction
Section 1 Side, Together, 1/4 Turn, Hold, Step, Pivot 1/2, 1/4 Turn, Hold			
1 - 2	Step right to right side. Close left beside right.	Right Together	Right
3 - 4	Make 1/4 turn right stepping right forward. Hold.	Turn Hold	Turning right
5 - 6	Step left forward. Pivot 1/2 turn right.	Step Turn	
7 - 8	Make 1/4 turn right stepping left to left side. Hold. (12:00)	Turn Hold	
Tag/Restart	Wall 6: At this point dance 12 count Tag then restart dance from beginning.		

Section 2 Back Rock, Toe Strut Right, Back Rock, Toe Strut Left			
1 - 2	Rock back on right. Rock forward on left.	Back Rock	On the spot
3 - 4	Step right toe to right side. Drop right heel taking weight.	Toe Strut	Right
5 - 6	Rock back on left. Rock forward on right.	Back Rock	On the spot
7 - 8	Step left toe to left side. Drop left heel taking weight.	Toe Strut	Left

Section 3 Behind, Side, Cross, Hold, Rock 1/4 Turn, Step, Hold			
1 - 4	Cross right behind left. Step left to left side. Cross right over left. Hold.	Behind Side Cross Hold	Left
5 - 6	Rock left to left side. Recover onto right making 1/4 turn right.	Rock Turn	Turning right
7 - 8	Step left forward. Hold. (3:00)	Step Hold	

Section 4 Diagonal Lock Step Forward With Scuff x 2			
1 - 2	Step right diagonally forward right. Lock left behind right.	Right Lock	Forward
3 - 4	Step right diagonally forward right. Scuff left forward and out to left side.	Right Scuff	
5 - 6	Step left diagonally forward left. Lock right behind left.	Left Lock	
7 - 8	Step left diagonally forward left. Scuff right forward and out to right side.	Left Scuff	

Section 5 Reverse Rumba Box			
1 - 4	Step right to right side. Close left beside right. Step right back. Hold.	Side Together Back Hold	Back
5 - 8	Step left to left side. Close right beside left. Step left forward. Hold.	Side Together Step Hold	Forward

Section 6 Step, Pivot 1/2, Step, Hold, Full Turn Right, Hold			
1 - 4	Step right forward. Pivot 1/2 turn left. Step right forward. Hold. (9:00)	Step Turn Step Hold	Turning left
5 - 8	Travelling forward triple step full turn right, stepping - left, right, left. Hold.	Triple Full Turn Hold	Turning right
Option	Replace full turn by Left Lock Step Forward, Hold.		

Section 7 Side Step Right, Toe Touches, Side Step Left, Toe Touches			
1 - 2	Step right long step to right side. Touch left toe beside right.	Right Touch	Right
3 - 4	Touch left toe out to left side. Touch left toe beside right.	Out In	On the spot
5 - 6	Step left long step to left side. Touch right toe beside left.	Left Touch	Left
7 - 8	Touch right toe out to right side. Touch right toe beside left.	Out In	On the spot

Section 8 Mambo 1/2 Turn, Stomp Forward, Hold			
1 - 2	Rock forward on right. Rock back onto left.	Mambo	On the spot
3 - 4	Make 1/2 turn right stepping right forward. Hold.	Turn Hold	Turning right
5 - 8	Stomp left forward, spreading hands out to each side. Hold (3 counts). (3:00)	Stomp Hold 2 3	Forward

Tag Wall 6: After first 8 counts, dance the Tag then restart dance Behind, Hold, 1/4 Turn, Hold, Jazz Box Cross With Holds			
1 - 4	Cross right behind left. Hold. Make 1/4 turn left stepping left forward. Hold.	Behind Hold Turn Hold	Turning left
5 - 8	Cross right over left. Hold. Step left back. Hold.	Cross Hold Back Hold	Back
9 - 12	Step right to right side. Hold. Cross left over right. Hold. Then restart the dance from the beginning (facing 12:00)	Side Hold Cross Hold	Right

Ending Music ends during Wall 8: Dance to count 12 (facing 3:00) then			
1 - 2	Rock back on left. Rock forward on right.	Back Rock	On the spot
3 - 4	Make 1/4 turn left stepping left forward. Hold and pose!	Turn Hold	Turning left