

Viking Mother

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - August 2026

Music: Viking Mother - Ragal Ironbull : (Amazon)



Dedication & thanks to Alistair Biggs for letting me (his mum) hear this amazing song!

Start after lyric "don't care who you are...start on word 'ARE'

2 restarts/1 tag/restart

Sequence is: 48 – 8 – 48 – 40 – 48 – 16 – 48 – 25 to finish

[1-9] R fwd, L fwd rock/recover, ½ L shuffle, ½ L shuffle, L back rock/recover, ¼ L, cross L over R

1-3 Step R forward, rock L forward, recover weight on R

4&5 Turning ½ left shuffle L/R/L

6&7 Turning ½ left shuffle R/L/R (alt: shuffle back twice)

8&1 Rock L back, recover weight on R, turning ¼ L cross step L over R (9 o'clock)

WALL 2 RESTART/TAG: Dance first 7 counts, step back on L foot on count 8 (step change) and restart the dance facing back wall

[10-17] R side, L behind/¼ R/ R fwd/L fwd, R fwd rock/recover, R ball cross, R coaster cross

2 Step R side

3&4 Cross step L behind, turning ¼ right step R forward, step L forward (12 o'clock)

5-6 Rock R forward, recover weight on L

&7 Step R back, cross step L over R

8&1 Step R back, step L together, cross step R over L

WALL 6 RESTART: Facing front dance first 16& counts & then restart the dance

[18-25] L side rock/recover, L sailor, R fwd lock step, L fwd, ½ R, L fwd (to opposite diagonal)

2-3 L side rock/recover weight on R

4&5 Cross step L behind R, step R side, step L forward to L diagonal (10 o'clock)

6&7 Step R forward, lock L behind R, step R forward

8&1 Step L forward, pivot ½ right, step L forward (now facing opposite diagonal 4 o'clock)

[26-33] Walk fwd R, L (or full L turn fwd), R samba, L samba squaring to back wall, R fwd, ½ L pivot, ¼ R, R side

2-3 Step R forward, step L forward

(Turning option: on count 26 place L in 5th position & then on counts 27 & 28 execute 2 x ½ turns left travelling forward to diagonal)

4&5 Cross step R over L, rock L side, recover weight on R (4 o'clock)

6&7 Cross step L over R, rock R side, recover weight on L (squaring off to back wall) (6 o'clock)

8&1 Step R forward, pivot ½ left, turning ¼ left step R side (9 o'clock)

[34-40] L behind, R side, L crossing shuffle, ¼ L stepping R back, L, L together, R fwd, L fwd

2-3 Cross step L behind R, step R side

4&5 Cross step L over R, step R side, cross step L over R

6&7 Turning ¼ left step R back, step L together, step R forward (6 o'clock)

8 Step L forward

WALL 4 RESTART: During wall 4 dance first 40 counts to face back wall and restart the dance

[41-48] Full shuffle box turning 1/4s L

1&2 Step R side, step L together, step R side

& Hitch L knee slightly and turn ¼ left on R (3 o'clock)

3&4 Step L side, step R together, step L side

& Hitch R knee slightly and turn $\frac{1}{4}$ left on L (12 o'clock)
5&6 Step R side, step L together, step R side
& Hitch L knee slightly and turn $\frac{1}{4}$ left on R (9 o'clock)
7&8 Step L side, step R together, $\frac{1}{4}$ L step L forward (6 o'clock)
& Hitch R knee slightly

ENDING: Dance first 25 counts to face front wall, step R fwd to 12 o'clock & strike a pose!

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