My Mama Said

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Maddison Glover (AUS) - November 2026
Music: My Mama Said - The Stompers

Introduction: 48 Counts (approximately 22 seconds)

THANK YOU to my Dad, Tom Glover, for sending me this music! My Dad is responsible for many of the tracks I choreograph my dances to.

Forward, Forward/ Rock, Back Sweep x2, Behind, Side, Cross, ¼ Back

1,2	Step R fwd (going up on ball of R foot), rock L slightly fwd/ in front of R as you slightly bend both knees
3,4	Step R slightly back as you sweep L from front to back, step L back as you sweep R from front to back
5,6,7,8	Cross R behind L, step L to L side, cross R over L, turn ¼ R stepping L back (3:00)

Back Rock/ Recover, Scuff Forward/Around, Out-Out, Toe/Heel Bounce, Side, Touch, Hold

1,2	Rock R back, recover weight fwd onto L
3&4	Scuff R fwd/ around to R, step R to R side, step L in place (finish with feet shoulder-width apart)
5&6	Touch R together (flat foot but no weight in R), raise R heel up, lower R heel down (still no weight in R)
&7,8	Step R to R side/ slightly fwd, touch L toe beside R (slightly open body to L diagonal to prepare for next section), hold (1:30)

Side, Cross, Back, Back, Cross, Back, ½ Forward, Walk, Walk

&1,2	Still open to L diagonal (1:30): Step L to L side, cross R over L, step L back (squaring up to 3:00)
3,4	Step R back (opening body to 4:30), cross L over R
5,6	Step R back (squaring up to 3:00), make ½ turn over L stepping L fwd (9:00)
7,8	Walk R fwd, walk L fwd

Rock/ Recover, ½ Turning Pony, ½ Turning Pony, Pony

1,2	Rock R fwd, recover weight back onto L
3&4	Make ½ turn R stepping R fwd as you slightly hitch L knee, recover onto L, step R fwd as you slightly hitch L knee (3:00)
5&6	Make ½ turn R stepping L back as you slightly hitch R knee, recover onto R, step L back as you slightly hitch R knee (9:00)
7&8	Step R slightly back as you slightly hitch L knee, recover onto L, step R slightly back as you slightly hitch L knee

Notes: Counts 3&4,5&6 are not turning shuffles. They are only slightly moving 'pony steps'/ like a jig. Where it says
'slightly hitch', the hitching leg should only just hover off the floor.
Non-turning option: Complete counts 1-2 as outlined above; then substitute the turning triples for counts (3&4,5&6) for the following:

3&4	Step R slightly back as you slightly hitch L knee, recover onto L, step R slightly back as you slightly hitch L knee
5&6	Step L slightly back as you slightly hitch R knee, close R together, step L slightly back as you slightly hitch R knee

Continue 7&8 as outlined above.

Back/ Kick, Forward, Shuffle Forward, Point Forward, Hold, Coaster

1,2,3&4	Step L back as you kick R fwd, step down onto R, step L fwd, close R together, step L fwd

5,6,7&8	Point R toe fwd, hold, step R back, close L together, step R fwd

Point Forward, Point Side, Sailor, Cross ¾ Turn, Forward

1,2,3&4	Point L toe fwd, point L toe to L side, cross L behind, step R out to R, step L to L side
5,6	Cross R over L, turn ¼ R stepping L back (12:00)
7,8	Make ½ turn R stepping R fwd (6:00), step L fwd

Note: Occasionally, there is a "HEY!" on count 8. Suggestion to hitch R knee up as you step fwd on L (count 8).

ENDING: You will complete the 7th sequence and finish facing 6:00. Please add the following 8 counts:

1,2,3,4	Stomp R fwd, Hold (clap hands), pivot ½ turn over L (weight now on L), hold (clap hands) 12:00
5,6,7,8	Stomp R fwd, stomp L fwd, stomp R fwd, hitch L knee up as you punch R arm (closed fist) in the air!

Choreographers note: To save you wondering why I ignored the restarts, I thought I would explain my decision
below. During the 3rd sequence, there could have been a restart after count 16. I have ensured you are on the wrong foot to restart so you're not tempted to (you're welcome). The reason for this is because 32 counts later, you would have to restart again. I would prefer no restarts rather than two back-to-back that could have been avoided. I hope this saved you an email ;)

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