

MAMA HE'S CRAZY

Music: Áine Crehan
Lp: Any Man Of Mine
<https://www.amazon.com/Any-Man-Mine-Aine-Crehan/dp/B015LJ3JGG>
Track # 3 Time 3:23 Available from choreographer

Rhythm: Bolero **Phase:** V+1U (Checked Right Pass)

Footwork : Opposite except where (Noted)

Release Date: Jan 24

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Sequence : INTRO AB INTRO AB END



INTRO

BFLY POS WALL LEAD FOOT FREE START INSTANTLY AFTER TWO NOTES~ ;

01-05 AIDA PREPARATION ; SLOW AIDA LINE & SWITCH to FACE ; SPOT TURN ; TIME STEP TWICE ; ;

{**Aida Preparation**} Sd & fwd L trn to OP LOD, -, thru R, sd L trng RF to fc ptr ; [**Slow Aida Line & Switch**] [SS] Trng RF (*W LF*) Bk R to V BK-TO-BK RLOD [free hnds up & out], -, swiv LF (*W RF*) on R sd L to fc ptr & BFLY WALL, -; {**Spot Trn**} Sd R, -, XLif trng RF, fwd & sd R contg trn [hnds cross ifo the chest] WALL ; {**Time Step x 2**} Sd L w/body rise [raisg both arms to sd] -, XRib lowerg, fwd L [hnds cross ifo the chest] ; Sd R w/body rise [raisg both arms to sd], -, XLib lowerg, fwd R to BFLY WALL ;

PART A

01-04 TURNING BASIC ; LUNGE BREAK ; FENCE LINE w/ ARMSWEEP TWICE ; ;

{**Trng Basic**} Sd L w/ RF upper bdy trn, -, bk R trng ¼ LF, sd & fwd L trng ¼ LF (*W sd R w/ RF upper bdy trn, -, fwd L trng ¼ LF w/ slip action, sd & bk R trng ¼ LF*) to BFLY POS COH ; {**Lunge Break**} Sd & bk R, -, sliding L ft sd & bk w/ no wgt lowr on R w/ slight RF bdy trn, rise (*W sd & bk L, -, bk R w/ sitting action, rec L*) ; {**Fence Line w/ Armsweep x 2**} Sd L body rise, -, XRif bent knee trl arm circle CCW (*W CW*) ifo body, rec bk L ; Sd R body rise, -, XLif bent knee ld arm circle CW (*W CCW*) ifo body, rec bk R to BFLY COH ;

05-08 OP BREAK ; DOUBLE UNDERARM TRN/ M IN 2 SLOWS TO BK-TO-BK ; BK-TO-BK SWEETHEART TWICE ; ;

{**OP Break**} Sd L, -, bk R (*W bk L*) xtndg trl hnd up & out, rec L to BFLY COH ; {**Double Underarm Trn/M in 2 Slows to Bk-to-Bk**} [SS] Raisg both hnds sd R twd LOD, -, XLif trng (*W SQQ*) ½ RF under both hnds to fc WALL [relsg hnds and cross them ifo the chest],- (*W sd L twd RLOD, -, XRIF trng ½ LF under both hnds to fc WALL, sd L*) end BK-to-BK Pos ; [now same footwork] {**Bk-to-Bk Sweetheart x 2**} Sd R, -, XLib lookg each other over lft shldrs [raisg both arms to sd], rec R ; Sd L, -, XRib lookg each other over rt shldrs, rec L swiv to Sd-by-SD/WALL (*W fcg COH*) ;

09-12 BOLERO-BJO WHEEL 6 INTO NATURAL TOP ; ; ; RIFF TURN ;

{**Bolero-Bjo Wheel 6 Into Natural Top**} Sd & fwd R comm wheel RF raisg rt hnd straight up & down holdg W's waist (*W placg rt hnd on M's lft shldr*) assuming BOLERO-BJO fcg DRC, -, fwd L cont wheel RF, fwd R cont wheel RF end M fcg approx DLC ; Cont wheel RF fwd L, -, fwd R, fwd L swiv ¼ RF to fc ptr & CP DRW (*W[SS] cont wheel RF fwd L, -, R swiv ¼ RF to fc ptr & DLC*) ; XRib comm RF trn, -, sd L cont trn, cl R (*W fwd & sd L cont trn, -, XRif cont trn, cl L*) to CP WALL ; {**Riff Trn**} [QQQQ] Sd L raisg ld hnds, cl R, sd L, cl R (*W sd & fwd R com RF spin undr jnd ld hnds, cl L compg full RF spin, sd & fwd R comm RF spin, cl L compg 2 nd full spin undr jnd ld hnds*) to BFLY WALL ;

13-17 AIDA PREPARATION ; SLOW AIDA LINE & SWITCH to FACE ; SPOT TURN ; TIME STEP TWICE ; ;

Repeat meas 1 to 5 INTRO ; ; ; ;

PART B

01-03 CHECKED RIGHT PASS ; M RONDE to FORWARD BREAK ; SYNCOPATED TURNING BASIC to ½ OP LOD;

{**Checked Right Pass**} Fwd & sd L raisg lft hnd start RF rotation around Lady placg rt hnd on W's R hip cking her fwd motion, -, XRib cont rotation around W, fwd & sd L to W's lft sd (*W fwd R raisg rt arm as if to comm undarm trn then lower to wrap pos, -, XLif, bk R*) ; {**M Ronde to Fwd Brk**} Fwd R ronde L ft cont RF trn to fc ptr & wall, -, ck fwd L, rec R (*W sd & bk L, -, bk R, rec L*) ; {**Sync Trng Basic**} [SQ&Q] Blend to CP sd L rise with body trn RF,-, slip bk R flex knee trn LF/cont trn sd & fwd L to fc COH, sd & fwd R to ½ OP LOD ;

04-07 SWITCH & WALK 2 to RLOD ; SWITCH & WALK 2 to FACE ; DBL HAND OPENING OUT TWICE ; ;

{Switch & Walk 2 to RLOD} Sd & fwd L trng to ½ LOP RLOD, -, fwd R, L ; **{Switch & Run 2 to Fc}** Sd & fwd R trng to ½ OP LOD, -, fwd L, R swiv to fc ptr ; **{Dbl Hnd Opening Out x 2}** Blend to BFLY sd & fwd L body rise and body rotate LF, -, lower on L and extend R ft to sd, rise on L body rotate (*W sd & bk R body rise and body rotate LF match ptr, -, XLib lowerg, fwd R*) to BFLY ; Cl R body rise and body rotate RF, -, lower on R and extend L ft to sd, rise on R body rotate (*W sd & bk L body rise and body rotate RF match ptr, -, XRib lowerg, fwd L*) to BFLY WALL ;

08-11 DBL HAND UNDERARM TURN to STACKED HANDS ; OP BREAK ; CHANGE SIDES/W UNDERARM ; NEW YORKER ;

{Dbl Hnd Underarm Trn to Stacked Hnds } [Keep both hands] Sd L, -, XRib lead ptr under dbl hd hold, rec fwd L stacked lft-over-rt-hnds (*W fwd R, -, fwd L RF trn under dbl hd hold, fwd R stacked hnds lft-over-rt*) to WALL ; **{OP Break}** With stacked hnds Sd R, -, apt L, rec R to W's rt sd ; **{Change Sides /W Underarm}** Fwd L WALL chg sds lead W trn under stacked hnds, -, sd R, XLif (*W fwd R COH Lf trn under stacked hnds chg sds, -, sd L, XRif*) to BFLY COH ; **{New Yorker}** Sd R, -, trn RF to LOP fc LOD fwd L, rec R to BFLY COH ;

12-14 LEFT PASS ; REVERSE UNDERARM TURN ; VINE 4 ;

{Left Pass} Fwd L to SCAR, -, bk R, fwd L trng LF (*W fwd R trng ¼ RF w/ bk to ptr, -, sd & fwd L w/ strong LF trn, bk R*) to BFLY WALL ; **{Reverse Underarm Trn}** [raisg ld hnds] Sd R, -, XLif, bk R (*W sd L com LF trn undr jnd ld hnds, -, XRif contg ½ LF trn, fwd L compg trn to fc ptr*) to Loose Cp WALL ; **{Vine 4}** [QQQQ] Sd L, XRib (*W XLib*), sd L, XRif (*W XLif*) to loose CP WALL ;

ENDING

01-04 RIFF TURN ; LEFT PASS ; REVERSE UNDERARM TURN ; CROSS BODY ;

{Riff Trn} Repeat meas 12 Part A ; **{Left Pass}** Repeat meas 12 Part B to BFLY COH ; **{Reverse Underarm Trn}** Repeat meas 13 Part B to BFLY COH ; **{Cross Body}** Sd & bk L to fc w/ bdy rise trng LF, -, bk R w/ slipping action cont trng LF, fwd L compg LF trn (*W sd & fwd R, -, fwd L Xg ifo M & trng LF, sm sd R*) to BFLY WALL ;

05-07 SYNCOPATED HIP ROCK'S ; AIDA PREPARATION ; ADA LINE & EXTEND ARMS ;

{Sync Hip Rock's} [SQ&Q] Sd R, -, rec L rollg lft-hip/rec R rollg rt-hip, rec L rollg lft-hip ; **{Aida Prep}** Relg trl hnds Sd R trng RF to slight V pos RLOD, -, thru L to LOP RLOD, trng LF sd R to BFLY WALL ; **{Aida Line & Extend Arms}** [S] Trng RF (*W LF*) Bk R to V BK-TO-BK RLOD xtnd ld hnds up & out, -, -, - ;