

MAMA TEACH ME TO DANCE

Music: Alma Cogan
[www.amazon.com/ Life Is Just A Bowl Of Cherries](http://www.amazon.com/Life_Is_Just_A_Bowl_Of_Cherries)
Track # 23 Time 2:18
Available from choreographer

Rhythm: Rumba Phase: V + 1 (Turkish Towel) + Several U

Footwork: Opposite except where (Noted)

Release Date: April 19

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Sequence: INTRO AB A(9-16) C B A(9-16) END



INTRO

01-04 R-HANDSHAKE WALL LEAD FOOT FREE WAIT 4 MEASURES ; ; ; ;

{Wait} R-Hndshk to WALL ld ft free wt 4 meas ; ; ; ;

PART A

01-04 SHADOW BREAK/W SPIRAL to FAN/M SPOT TURN ; ; STOP & GO HOCKEY STICK ; ;

{Shadow Bk Break /W Spiral} [r-hndshk] Swivel LF on R bk L fc LOD, rec R, fwd L lead W LF spiral , - (W swivel RF on L bk R fc LOD, rec L, fwd R, spiral LF) ; {Spot Trn/W to a Fan} [Chg Hands Behind Bk] Fwd R comm LF trn chg right hand to left hand behind his bk, rec L cont LF trn fc Wall, sd R (W fwd L twd LOD, fwd R ½ LF trn, bk L) to Fan Pos, -; {Stop & Go Hockey Stick} Ck fwd L, rec R, trng slightly LF cl L (W cl R to L, fwd L, fwd R trng ½ LF under joined lead hands), -; Ck fwd R, rec L trng RF, sd R (W ck bk L raising L arm straight up palm out, rec R lowering arm, fwd L trng ½ RF under joined lead hands), -;

05-08 HOCKEY STICK ; ; DBL CUBAN BREAKS ; ;

{Hockey Stick} Fwd L, rec R, cl L (W cl R, fwd L, fwd R), -; Sm bk R, rec L, long fwd R (W fwd L, fwd R trng sharply 5/8 LF undr jnd lead hnds, bk L) to LOP-FCG DRW, -; {DBL Cuban Breaks x 2} XLif (W XRif), rec R, sd L, rec R, XLif (W XRif), rec R, sd L ; XRif (W XLif), rec L, sd R, rec L, XRif (W XLif), rec L, sd R ;

09-12 OP BREAK/W INSIDE TURN to WHEEL/M WINDMILL ARMS to BJO WALL ; ; CUDDLE/W SPIRAL Into FAN ; ;

{OP Break/W Insd Turn to Wheel} Rk Bk L, rec R comm RF ¼ trn & Lift l-hand prep to lead W to turn under raised lead hnds, sd L (W rk bk R, fwd L comm LF turn under raised lead hnds to wall, fwd R cont LF R to LOD) to L-Pos M fcg RLOD/W fcg LOD, -; {M Windmill Arms to BJO WALL} Fwd & bk R ½ turn LF using your l-hand, place lady's r-hand on your waist then release lead hand hold lower r-arm and extend l-arm upward to allow lady to pass from behind your l-side, sd L sd & fwd place r-hand on lady's back and lower l-arm, fwd R cont LF turn to BJO outsd ptr on W's r-sd take lady's r-hand in your l-hand and end in BJO with lady slightly offset to M's r-sd (W swivel ¼ LF on R wheel CW fwd L, R, L swivel to M's r-sd) to BJO WALL, -; {Cuddle /W Spiral Into a Fan} Sd & slightly fwd L shapg twd ptr, rec R, cl L raisg jnd ld hnds (W trn RF ½ bk R, trn LF ¼ to LOD, fwd R, spiral 7/8 LF under joined ld hands), -; XRib, cl L, sd & fwd R (W fwd L, fwd R wt ½ trng LF fc RLOD, bk L) to Fan Pos, -;

13-16 ALEMANA & CLOSE UP ; ; SCALOP & [1st TIME: r-hndshk] ; ;

{Alemana & Close Up} Fwd L, rec R, cl L (W bk R, fwd L, fwd R swiveling to L sd of M), -; Raisg jnd ld hnds sm sd & bk R, rec L, fwd & sd R (W trng RF undr jnd hnds fwd L, fwd R, fwd & sd L to fc ptr) & close up, -; {Scallop} Trng sharply to SCP LOD XLif (W XRib), rec R trng sharply to CP, sd L, -; Thru R trng sharply to SCP LOD, sd L trng sharply to CP, cl R to CP WALL [1st TIME: r-hndshk], -;

PART B

01-04 FLIRT to VARS ; ; SWEETHEART/W SWIVEL to FACE ; CUCARACHA RIGHT ;

{Flirt to VARS} R-Hndshk WALL fwd L, rec R, sd L leading W to trn LF (W bk R, fwd L, fwd R trng ½ LF) to VARS WALL, -; Bk R, rec L, sd R leading W to slide in front (W bk L, rec R, sd L) end in L-VARS WALL, -; {Sweetheart /W Swivel to Fc} XLif shaping twd ptr, rec R, sd L (W XRib shaping twd ptr, rec L, sd & fwd R swiveling ½ R to fc ptr), -; {Cucaracha Right} Sd R w/ partial wgt, rec L, cl R to BFLY WALL, -;

05-08 REVERSE UNDERARM TURN to ½ OP LOD ; OP IN & OUT RUNS ; ; FENCE LINE ;

{Reverse Underarm Turn} Raisg jnd ld hnds XLif, rec R, sd L (*W XRif undr jnd ld hnds trng LF ½ rec L contg LF trn to fc ptr, sd & fwdR*) to ½ OP LOD, -; **{OP in & Out Runs}** Fwd R begin RF trn, sd & fwd L Xif of W cont trn, sd & fwd R to ½ LOP LOD w/ free arms out to sd (*W Fwd L, R, L*), -; Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xif of M cont trn, fwd & sd R*) to ½ OP DLC w/ lead arms extended to sd, -; **{Fence Line}** XRif (*W XLif*) w/ bent knee, rec L, sd R to BFLY WALL, -;

PART C

01-04 OP BREAK INTO FULL NATURAL TOP & r-hndshk ; ; ; ;

{OP Break to Full Nat Turn} Rk apt L xtndg R arm up w/ palm out, rec R lowering R arm trng ¼ RF, sd L (*W rk apt R xtndg L arm up w/ palm out, rec L lowering L arm, trng ¼ RF fwd R*) to RLOD, -; XRIBL, sd L, XRIBL (*W sd L, XRIFL, sd L*), -; Sd L, XRIBL, sd L (*W XRIFL, sd L, XRIFL*), -; XRIBL, sd L, cl R (*W sd L, XRIFL, cl L*) to r-handshk WALL, -;

05-08 BASIC HALF to TURKISH TOWEL ; ; ONE BREAK ; W OUT to FACE & r-hndshk ;

{Basic ½ to a Turkish Towel} r-hndshk Fwd L, rec R, sd L (*W bk R, rec L, sd & fwd R*), -; Bk R, rec L, sd R to VARS M in front W to her right sd (*W XLif trn RF under R hnds, fwd R cont trn, fwd L arnd M join L hnds*), -; **{One Break}** Ck bk L, rec R, sd L to W left sd (*W ck fwd R, rec L, sd R*), -; **{W Out to Fc}** Ck Bk R, rec L, sd R (*W fwd L, fwd R trng ½ LF, sd L*) to r-hndshk WALL, -;

ENDING

01-04 ALEMANA & CLOSE UP ; ; LATIN WHISK ; AIDA & EXTEND ;

{Alemana & Close Up} Repeat meas 15,16 Part B ; **{Latin Whisk}** Trng sharply to SCP LOD XLib (*W XRib*), rec R trng sharply to CP, cl L, -; **{Aida}** Trng sharply to SCP LOD Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD & extending trail arms up, -;