

TELL MAMA

May 99

SONG Tell Mama
ARTIST Lorraine Delaney
ALBUM CD single
DESCRIPTION 48 count, 4 wall intermediate dance
CHOREOGRAPHED by Mark Simpkin & Robin Imms, Sydney, Australia

Beats	Steps
1&2	Step R beside L, step ball of L to L side, replace weight to R
3&4	Step L behind R, step ball of R to R side, replace weight to L (sailor shuffle)
5-8	Step R to R side, slide L beside R, step R to R side, scuff L at 45 deg R
1-3	Rock/step L over R at 45 deg R, rock back on R, step L into 1/4 turn L
&4	Step onto ball of R slightly forward starting a 3/4 turn L, step onto L completing the turn
5-6	Step/rock R to R side, replace weight to L
7&8	Step R behind L, step ball of L to L side, replace weight to R (sailor step)
&1-2	Step L beside R, touch R toe to R side, hold
&3-4	Step R beside L, touch L to L side, hold
&5&6	Step L beside R, touch R to t side, step R beside L, touch L to L side
&7-8	Step L beside R, touch R toe to R side, step forward on R
1-2	Step forward on L, turn 1/4 turn L & rock R to R side
3&4	Shuffle to L side L-R-L turning 1/4 turn L on last step of shuffle
5-6	Turn 1/2 turn L & step back on R, step back L
7&8	Step R back, step L beside R, step forward on R (coaster step)
1&2	Shuffle to L side L-R-L turning 1/4 turn L on count 2
3-4	Travelling forward step R-L turning a full turn L
5&6	Shuffle forward L-R-L
7-8	Travelling forward step L-R turning a full turn R
1-2	Step/rock forward on L, rock back onto R
3&4	Coaster step - Step back on L, step R beside L, step forward on L
5-6	Step R foot forward, step L beside R
7&8	Hold, step ball of R to R side, step L to L side
48	Begin Dance Again

Note: To order copies of this single, please contact Mark Simpkin - details below.