

Mama's Red Saloon.

32 Counts, 4 Wall, High Beginner/Improver level linedance.

Choreographer- Martie Papendorf. South Africa. Jan.2016

Music- Mama's Red Saloon. Baton Rouge. Heartbeat In The Universe. 2:54

150bpm

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NO tags or restarts

Start on vocals

1 HEEL, TOUCH, HEEL, FLICK, FWD, LOCK, FWD, TOGETHER and "SIT"

1,2 Touch R heel to right diagonal, Touch R toe across L,

3,4 Touch R heel to right diagonal, Flick R back,

5,6,7,8 Step R to right diagonal, Step L behind R, Step R to right diagonal,
Step L next to R bending knees and "sitting" [12.00]

2 FAN, STEP, FAN, STEP, COASTER STEP, HITCH ¼ RIGHT

1,2 Raise up and fan R toes out, Step on R bending knees and "sitting",

3,4 Raise up and fan L toes out, Step on L,

5,6,7,8 Step R back, Step L next to R, Step R fwd, Hitch L making a ¼ turn right, [3.00]

3 ROCK OUT, RECOVER, CROSS, ROCK OUT, RECOVER, CROSS, ROCK OUT, RECOVER

1,2,3,4 Rock L out to left side, Recover R to right side, Step L across R, Rock R to right side,

5,6,7,8 Recover L in place, Step R across L, Rock L out to left side, Recover R in place [3.00]

4 MAMBO ½ LEFT, HOLD, CROSS, HOLD, SWIVEL ¼ RIGHT, SWIVEL ¼ LEFT

1,2,3,4 Rock L fwd, Recover R back, Step L fwd making a ½ turn left, Hold, [9.00]

5,6,7,8 Step R across L, Hold,

Swivel heels ¼ turn right [6.00],

Swivel heels ¼ turn left to centre[weight to L][9.00]

NOTE: Easier option for "swivels": Lift and drop heels.

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