

MAMA HE'S CRAZY

Music: Heidi Hauge
www.amazon.co.uk/ Cd Country Time
Track # 1 Time 3:43
Available from choreographer

Rhythm: Rumba **Phase:** IV+2 (Spiral+ Full Natural Top)

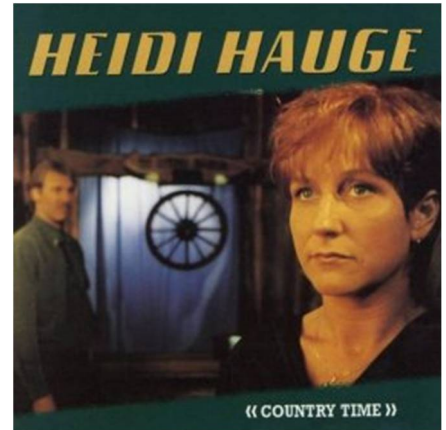
Footwork: Opposite except where (Noted)

Release Date: Maa 2015

Choreo: Jos Dierickx Beverlosestwg 14b2 3583 Paal Belgium

Email: jos.dierickx@telenet.be

Sequence: **INTRO ABC AB END**



INTRO

01-04 R-HANDSHAKE WALL LEAD FOOT FREE WAIT 2 MEASURES ; ; TRADE PLACES TWICE ; ;

{Wait} R-Hndshk WALL ld ft free wt 2 meas ; ; **{Trade Places x 2}** With R hnds jnd rk apt L, rec R trng ¼ RF to fc LOD beh W then rel jnd R hnds, cont to trn RF to fc ptr & WALL stepping sd & bk L twd COH (*W rk apt R, rec L trng ¼ LF to fc LOD in front of M then rel jnd R hnds, cont LF trn to fc ptr & COH stepping sd & bk R twd WALL*) joining L-hnds, -; With L hnds jnd rk apt R, rec L trng ¼ LF to fc LOD beh W then rel jnd L hnds, cont to trn LF to fc ptr & COH stepping sd & bk R twd WALL (*W rk apt L, rec R trng ¼ RF to fc LOD in front of M rel jnd L hnds, cont RF trn to fc ptr & COH stepping sd & bk L twd COH*),-;

PART A

01-04 ALEMANA Into a LARIAT 3/M TURN to FCG COH ; ; ; SIDE WALK 3 ;

{Alemana} Fwd L, rec R, cl L (*W cl R, fwd L, fwd R trng RF to fc ptr*), -; 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*), -; **{Lariat 3/M Trn to Fcg COH}** Rk sd L, rec R, sd L trng ½ LF on last stp to fc W and COH (*W circ CW arnd M passing R-shldrs stepping fwd R,L,R w/ jnd ld hnds passing over M's hd to fc LOD then swvl ¼ RF on last stp to fc M and WALL*), -; **{Sd Walk 3}** Sd R, cl L, sd R, -;

05-08 NEW YORKER ; AIDA ; ROCK 3 & SWIVEL to FC ; WHIP to WALL ;

{New Yorker} Thru L to LOP RLOD, rec R to fc ptr, sd L to BFLY WALL, -; **{Aida}** Thru R, sd L trng LF, bk R cont LF trn to V-bk-to-bk pos RLOD, -; **{Rock 3 & Swivel to Fc}** Rk fwd L, rk bk R, rk fwd L swivel 1/4 LF on L to fc ptr, point R to sd ; **{Whip to WALL}** Bk & sd R trng ¼ LF, rec fwd L cont ¼ trn, sd R (*W fwd L outside man on his left side, fwd R trng ½ LF, sd L*) to Wall, -;

09-12 BACK BREAK to ½ OP LOD ; M ROLL ACROSS ; W ROLL ACROSS ; FORWARD 3 to OP LOD ;

{Bk Break to ½ OP LOD} XLib trng to OP LOD, rec R, fwd L to ½ OP LOD, -; **{M Roll Across}** 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*), -; **{W Roll Across}** Fwd L, R, L (*W fwd R begin RF trn, sd & fwd L Xif of M cont trn, fwd & sd R*) to ½ OP LOD w/ lead arms extended to sd, -; **{Fwd 3 to OP LOD}** Fwd R, L, R to OP LOD, -;

13-17 2 TURNING CUCARACHA'S to FC ; ; SHOULDER to SHOULDER TWICE ; ; NEW YORKER in 4 ;

{Trng Cucaracha x 2} Sd L w/ partial wgt, rec R trng ½ RF to OP RLOD, cl L to R, -; Sd R w/partial wgt, rec L trng ¼ LF fc ptr & Wall, cl R to L, -; **{Shoulder to Shoulder x 2}** Fwd L to SCAR, rec R to fc, sd L, -; Fwd R to BJO, rec L to fc, sd R, -; **{New Yorker}** Thru L to LOP RLOD, rec R to fc ptr, sd L, & cl R to BFLY WALL ;

PART B

01-03 CROSS BODY INTERRUPT w/ 2 SWIVELS ; ; FINISH CROSS BODY ;

{Start Cross Body} Fwd L, rec R trng LF 1/4 , sd L (*W bk R, rec L, fwd R*) to "L" pos M fcg LOD & W fcg COH, -; **{Interrupt w/ 2 Swivels}** [SS] Rk sd R trng body slightly LF, -, rk sd L trng body slightly RF (*W fwd L swvl LF 1/2, -, fwd R swvl RF 1/2*) still in "L" pos, -; **{Finish Cross Body}** Bk R, rec L trn LF 1/4, sd R (*W fwd L, fwd R trng LF 1/2, sd L*) BFLY COH, -;

04-07 1/2 BASIC INTO a FAN ; ; HOCKEY STICK UNDER TURNED to L-HAND STAR LOD ; ;

{1/2 Basic Into a Fan} {1/2 Basic to a Fan} Fwd L, rec R, sd L, -; Bk R, rec L, sd R (*W fwd L, rec R startg LF trn, bk L to FAN pos*), -; **{Hockey Stick Underturned to L-Hnd STAR LOD}** Fwd L, rec R, cl L (*W cl R, fwd L, fwd R*), -; Sm bk R, rec L, fwd & sd R trng ¼ RF (*W fwd L, fwd R trng sharply 1/2 LF undr jnd lead hnds, bk L*) to L-HND STAR LOD,-;

08-11 UMBRELLA TURN r-hndshk ; ; ; ;

{Umbrella Turn} Fwd L (*W bk R*), rec R, bk L, -; Rk bk R, rec L, fwd R (*W fwd L RF ½ trng u/ Lhand to RLOD, fwd R, Fwd L*) to RLOD, -; Fwd L, rec R, bk L (*W fwd R LF ½ trng u/ Lhand to LOD, fwd L, fwd R*), -; Rk bk R, rec L trng LF to fc prtn, sd R (*W fwd L RF ½ trng u/Lhand, fwd R RF ¼ trng u/L-hand to fc prtn, sd L*) end in r-hndshk COH, -;

[RAL's current version of UMBRELLA TURNS may be used instead if preferred]

12-15 TRADE PLACES TWICE ; ; TRADE PLACES/W SPIRAL ; W OUT to WALL [2^{de} TIME: r-hndshk] ;

{Trade Places x 2} Repeat meas 3,4 Intro ; ; **{Trade Places/W Spiral}** Rk apt L, rec R comm to pass R shldrs while trng ¼ RF and keeping R Hnds jnd, cont to trn RF stepping sd L twd COH, (*W rk apt R, rec L, fwd R fwd WALL spiralling 7/8 LF undr jnd R hnds to end almost fcg WALL*), -; **{W Out to Fc}** Trng bdy RF to fc WALL stp fwd twd WALL R,L,R (*W fwd WALL L, fwd R trng ½ LF to fc COH, sd & bk L*) to BFLY WALL, -;

2^{de} TIME : to r-hndshk WALL, -;

PART C

01-04 FENCE LINE ; THRU SERPIENTE ; ; AIDA ;

{Fence Line} XLif (*W XRif*) w/ bent knee, rec R, sd L, -; **{Thru Serpiente}** Thru R, sd L, XRib, flare L CCW (*W thru L, sd R, XLib, flare R CW*); XLib, sd R, XLif, flare R CCW (*W XRib, sd L, XRif, flare L CW*); **{Aida}** Thru R, sd L trng RF, bk R cont RF trn to V-bk-to-bk pos RLOD, -;

05-08 SWITCH ROCK ; UNDERARM TURN ; CRAB WALKS ; ;

{Switch Rock} Sd & bk L trng LF to fc ptr, hip rk R, hip rk L, -; **{Underarm Turn}** Raisg ld hnds palm to palm XRib, rec L, sd R (*W XLif comm RF trn under ld hnd, cont RF trn rec R fc COH, sd L*) to BFLY WALL, -; **{Crab Walks}** Twds RLOD XLif (*W XRif*), sd R, XLif (*W XRif*), -; Sd R, XLif (*W XRif*), sd R, -;

09-12 REVERSE UNDERARM TURN ; HAND to HAND TWICE ; ; SPOT TURN ;

{Reverse Underarm Trn } Raise lead hnds lead W to turn LF under hnds XLif twds DRW, rec R, fwd L trng LF (*W XRif turn LF, sd & fwd L cont turn, sd R*) to BFLY WALL, -; **{Hand to Hand x 2}** XLib (*W XRib*) trng to OP LOD, rec R to fc, sd L to BFLY, -; XRib (*W XLib*) trng to LOP RLOD, rec L to fc, sd R to BFLY WALL; **{Spot Turn}** Relg hnds XLif (*W XRif*) trng RF, rec R compg full trn, sd L to BFLY WALL, -;

13-17 BASIC ½ INTO a FULL NATURAL TOP ; ; ; ; HIP ROCK in 4 ;

{Basic ½ Into a Full Nat Top} Fwd L, rec R to CP, sd L trng RF (*W bk R, rec L to CP, fwd R btw M's ft*) to CP RLOD, -; Cont RF trn XRib, compg ¾ RF trn sd L, XRib (*W sd L, XRif btw M's ft, sd L*) to CP WALL, -; Cont RF trn sd L, XRib, cont RF trn sd L (*W XRif, cont RF trn sd L, XRif*), -; XLib, cont RF trn sd R, cls L (*W cont RF trn sd L, XRif, cls L*), -; **{Hip Rock in 4}** Rk sd L rollg L hip sd & bk, rk sd R rollg R hip sd & bk, rk sd L rollg L hip sd & bk, rk sd R rollg R hip sd & bk ;

ENDING

01-06 TRADE PLACES TWICE ; ; NEW YORKER TWICE ; ; AIDA to RLOD ; SWITCH LUNGE & EXTEND ARMS ;

{Trade Places x 2} Repeat meas 3,4 Intro ; ; **{New Yorker x 2}** XLif (*W XRif*) to LOP, rec R to fc ptr, sd L, -; XRif (*W XLif*) to OP, rec L to fc ptr, sd R, -; **{Aida to LOD}** Thru L, sd R trng LF, bk L cont LF trn to V-bk-to-bk pos LOD, -; **{Switch Lunge & Extend Arms to Sd}** [S] Trn RF to fc ptr lunge sd R with soft R knee keeping L leg extended & trng bdy sltly RF, extend both arms to sd ;