

# MAMA SAY

**Level** : Advanced  
**Artist** : Betty Who  
**Choreo** : Amanda Lim (amandahljlim@gmail.com)  
**Speed** : Normal **Length** : 3:11  
**Sequence** : A B C D A B C D E D\* D\*\* D\*\*  
**Wait** : 1 beat (Start after "What would your mama say")

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## Part A (32 Beats)

8 Step Rougie Buck  
8 Flat Gypsy Slide (1/2 L)  
16 REPEAT OPP FOOT

## Part B (12 Beats)

8 Betty (Full L)  
4 Running Toe Knocks

## Part C (16 Beats)

16 Mama Say

## Part D (32 beats)

8 Twisted Mind  
8 Riff Farside  
8 Flat Sam Buck  
8 Rhythm Joe Saturday

## Part A (32 Beats)

8 Step Rougie Buck  
8 Flat Gypsy Slide (1/2 L)  
16 REPEAT OPP FOOT

## Part B (12 Beats)

8 Betty (Full L)  
4 Running Toe Knocks

## Part C (16 Beats)

16 Mama Say

## Part D (32 beats)

8 Twisted Mind  
8 Riff Farside  
8 Flat Sam Buck  
8 Rhythm Joe Saturday

## Part E (16 Beats)

8 Cowboy Touches  
8 Layover Doubles

## Part D\* (32 beats)

16 Very Twisted Mind  
8 Flat Sam Buck  
8 Rhythm Joe Saturday

## Part D\*\* (32 beats)

8 Twisted Mind  
8 Riff Farside  
8 Flat Sam Buck (1/2 R)  
8 Rhythm Joe Saturday

## Part D\*\* (32 beats)

8 Twisted Mind  
8 Riff Farside  
8 Flat Sam Buck (1/2 R)  
8 Rhythm Joe Saturday



**STEP ROUGIE BUCK:**

(P) S-SL/LOOP-S (XIB) BA (OTS) BA (XIF) SL S DS RS H-BA H-BA RS  
 L L/ R R L R R L R LR L L R R LR  
 & 1 & 2 & 3 & 4 &5 &6 e & a 7 &8

**FLAT GYPSY SLIDE:**

DS TnUp (FLR) R S TnUp (FLR) R S TnDn TnDn BA-SL  
 L R R L R R L R L R R  
 &1 e&a2 & 3 e&a4 & 5 e&a6 e&a7 & 8

**BETTY: (In this dance turn Full L on beats 5 to 7)**

R H (WGT & DIAG) PULL-S (BS) R H (WGT & DIAG) PULL-S (BS) R H (WGT & DIAG) PULL-S (BS) RS TnDn  
 L R L L R L R R L R L L RL R  
 & 1 & 2 & 3 & 4 & 5 & 6 &7 e&a8

**RUNNING TOE KNOCKS:**

DBL-BA DBL-BA DBL-BA/LIFT (XIB) TT (OTS) HOP TT (XIF) HOP TT (BK) BA  
 L L R R L L/R R L R L R R  
 &a 1 e&a 2e & a 3 e & a 4

**MAMA SAY:**

CLAP STO (P) SLAP-BA TCH-BA DBL-S TT (XIB) (P) STO (P) BA TT (BK) K/BA BA DBL-S TT (BK)  
 L L L R R L L R R L R L/R L R R L  
 & 1 & a 2 & 3 e& a 4 & 5 & a 6 & 7 e& a 8

H (P) S (OTS) (P) SLAP-S (XIB) S (OTS) (P) STO-DB-PLBK HOP SK HOP SLAP HOP  
 R L R R L R R L R L R L  
 e & 9 & a 10 & 11 & 12e&a 13 e & a 14

TT (BK) HOP SK HOP SLAP-S TT (BK) HOP  
 R L R L R R L R  
 e & a 15 e & a 16

**TWISTED MIND:**

DS-POP DT (XIB) FLA/S (XIB) S/FLA-S (OTS) SLUR-S (XIB)  
 L L R L/R L/R R L L  
 &1 & ea 2 & 3 & 4

RS DS DT-BA/BA (H'S L) BA/BA (H'S R) LIFT/SL  
 RL R L L/R L/R L/R  
 &5 &6 & 7 & 8

**RIFF FAR SIDE:**

BA BA BA BR-SK H (P) SL BA SLAP-BA BA DBL-BA DBL (F) HOP DBL (OTS) HOP T-BA DBL HOP TCH  
 L R L R R L L R L L R L L R L R L R R L R L  
 & 1 e & a 2 & 3 e & a 4 &a 5 e& a 6e & a 7 e& a 8

**FLAT SAM BUCK: (In this dance turn 1/2 R on Beats &3 &4 where indicated on quick cues)**

DS TnDn (XIF) DR S (BK) DR S (BK) RS TnDn DBL-BA H-BA H-BA  
 L R R L L R LR L R R L L R R  
 &1 e&a2 & 3 & 4 &5 e&a6 &a 7 e & a 8

**RHYTHM JOE SATURDAY:**

DBL-BA DBL HOP TCH-S BA TCHH(OTS) LIFT/(CLK R H TO L H) BA BA BA BA DBL-BA TCH(XIF)  
 L L R L R R L R L/R R L R L R R L  
 &a 1 e& a 2 & 3 e & a 4 & 5 e& a 6

BA DBL-BA TCH(XIF) SL  
 L R R L R  
 & a7 e & 8

**COWBOY TOUCHES:**

[DS DS DS BR(XIF) SL] (FWD) T-H(XIF) TCH(OTS) H T-H(XIF) TCH(OTS) H  
 L R L R L R R L R L L R L  
 &1 &2 &3 & 4 & 5 & 6 & 7 & 8

**LAYOVER DOUBLES:**

DS DT(XIF) S(XIF)/FLA (P) BA(XIB) BA(OTS) FLA(XIB)/S(XIF) (P) BA DBL-BA DBL-BA DBL-BA DS  
 R L L /R R L /R L R R L L R R L  
 &1 & 2 & 3 & 4 & 5 e& a 6e & a7 e &8

**VERY TWISTED MIND:**

DS DT(XIB) S(XIB)/FLA (P) FLA/S (P) S SLR-S(BK) SLR-S(BK) RS DS DT [BA/BA] (H'S L)  
 R L L /R L/R L R R L L RL R L L/R  
 &1 & 2 & 3 & 4 & 5 & 6 & 7 &8 & 9

[BA/BA] (H'S R) LIFT/SL DBL-BA T-BA H-BA DS TnDn H-BA H-BA T-BA TT(BK) SL  
 L/R L /R L L R R L L R L R R L L R R L R  
 & 10 &a 11 e & a 12 &13 e&a14 e & a 15 e & a 16

**DB-PLBK (DOUBLE PULLBACK): (R foot lead)**

SLAP SLAP BA BA  
 R L R L  
 & e a 1