



# My Mom

**Choreographer:** Claudia Arndt

**Count:** 40

**Wall:** 2

**Level:** Improver

**Intro:** 16 counts, start on lyrics

**Info:** 2 tags

**Music:** "Mother" by Sugarland

## **S1: Walk 2, shuffle forward, heel & touch & heel & touch**

1-2 2 steps forward (r - l)  
3&4 Step R forward, step L next to R, step R forward  
5& Touch left heel forward and step L beside R  
6& Touch right toe beside L, step R next to L  
7&8 Touch left heel forward, step L next to R, touch right toe beside L

## **S2: Heel grind turning $\frac{1}{4}$ r, coaster step, heel grind turning $\frac{3}{4}$ l, coaster step**

1-2 Step right heel forward, turn  $\frac{1}{4}$  to right and step back behind L (3:00)  
3&4 Step R back, step L beside R, step R forward  
5-6 Step left heel forward, turn  $\frac{3}{4}$  left and step R back (6:00)  
7&8 Step L back, step R beside L, step L forward

## **S3: Shuffle forward r + l, heel & toe $-\frac{1}{4}$ turn l- toe & heel**

1&2 Step R forward, step L next to R, step R forward  
3&4 Step L forward, step R next to L, step L forward  
5&6 Touch right heel forward, step R next to L, touch left toe back  
&7&8 Make a  $\frac{1}{4}$  turn left step L next to R, touch right toe back, step R next to L, touch left heel forward (3:00)

## **S4: Rock forward, shuffle back turning $\frac{1}{2}$ r, rock forward, shuffle back turning $\frac{1}{2}$ l**

1-2 Step R forward, weight back on L  
3&4 R turn  $\frac{1}{4}$  right, step LF next to R, turn  $\frac{1}{4}$  right forward on R (9:00)  
5-6 Step L forward, weight back on R  
7&8 L turn  $\frac{1}{4}$  left, step R next to L, turn  $\frac{1}{4}$  left forward on L (3:00)

## **S5: Rock side, behind-side-cross, rock side, behind, unwind $\frac{3}{4}$ l**

1-2 Step R to right, weight back on L  
3&4 Cross R behind L, step L to left, cross R over L  
5-6 Step L to left, weight back on R  
7-8 Cross L behind R and turn  $\frac{3}{4}$  left on both balls (weight on L (6:00))

## **Repeat**

### **Tag 1 (after the end of the 2nd and 4th wall, 12:00)**

#### **T1-1: Rock forward, shuffle back, rock back, shuffle forward**

1-2 Step R forward, weight back on L  
3&4 Step R back, step L next to R, step R back  
5-6 Step L back, weight back R  
7&8 Step L forward, step R next to L, step L forward

### **Tag 2 (after the end of the 5th wall, 6:00)**

#### **T2-1: Side/sways**

1-2 Step R to right /hips slowly swing to right  
3-4 Swing weight back on L/hips slowly to left

