

Dance Mom



Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Kelli Haugen (NOR) - April 2020

Music: "Mom" by Meghan Trainor feat. Kelli Trainor (Mom)(137 bpm)



**** Dedicated to all Mom's (Especially mine) ****

This dance was made for my Showdances kids to learn and dance while we are still in lockdown

Intro: 32 counts

STEP, KICK, STEP, KICK, V STEP

1,2,3,4 Step side right on RF, kick LF across RF, step side left on LF, kick RF across LF
5,6,7,8 Step diagonally forward right on RF, step diagonally forward left on LF, step back on RF, step LF next to RF

GRAPEVINE, TWIST X2

1,2,3,4 Step side right on RF, cross LF behind RF, step side right on RF, step LF next to RF
5,6,7,8 Swivel both heels right, heels center, swivel both heels right, center (weight on RF)

STEP BACK, HITCH, STEP FORWARD, TOUCH, GRAPEVINE ¼ TURN BRUSH

1,2,3,4 Step back on LF, hitch right knee, step forward on RF, touch left toe next to RF
5,6,7,8 Step side left on LF, cross RF behind LF, ¼ turn left on LF, brush RF forward (9.00)

JAZZ BOX, STEP, OUT-OUT, HOLD, IN-IN, HOLD

1,2,3,4 Cross RF over LF, step back on LF, step side right on RF, step LF next to RF
&5,6&7,8 Step out right on RF, step out left on LF, hold, step RF in to center, step LF next to RF, hold

Start again facing 9.00

TAG: At the end of wall 8...16 counts, starting and ending facing 12.00.

STEP, HOLD, ¼ TURN, HOLD (2X)

1,2,3,4 Step forward on RF, hold, ¼ turn left on LF, hold
5,6,7,8 Repeat counts 1-4

Repeat these 8 counts before starting the dance from the top facing 12.00

ENDING: At the end of the 12th wall you will be facing 12.00. When Meghan sings "mine" make a pose ☐

Enjoy