

Mama Rock Me

32 Count 2 Walls Beginner

Choreographed by: [Rene and Reg Mileham \(UK\)](#) (1st September 2012)

Choreographed to: [Wagon Wheel on Wagon Wheel](#) by [Nathan Carter](#) ([Search For Music](#)) 

Intro: 32 Style: Country

Count	Footwork
Section 1	Rock, rock, cross, step back. Heel, replace, Heel, replace.
1 - 2	Rock Right out to side, rock Left out to side
3 - 4	Cross Right over Left, step back on Left
5 - 6	Touch Right heel forward. Step Right in place
7 - 8	Touch Left heel forward. Step Left in place
Section 2	Grapevines with hitches (can do Rolling Vines)
1 - 2	Step Right to side, cross Left behind Right
3 - 4	Step Right to side, hitch Left
5 - 6	Step Left to side, cross Right behind Left
7 - 8	Step Left to side, hitch Right
Section 3	Side step with Shimmies. Clap. Repeat
1-2-3-4	Step Right to right side with a Shimmy, shimmy, shimmy, Clap
5-6-7-8	Step Left to left side with a Shimmy, shimmy, shimmy, Clap
Section 4	Rock side, side, behind. Turn ¼ left. Repeat
1 - 2	Rock Right to right side, rock Left to left side,
3 - 4	Cross Right behind Left. Turn ¼ Left. (weight on left)
5 - 6	Rock Right to right side, rock Left to left side
7 - 8	Cross Right behind Left. Turn ¼ Left. (weight on left)