

YO MAMA

Dance By : Fred & Gail Jabour,605 Hampton Cove,Clinton MS 39056 (601)924-5766
Record : Columbia 13-3342 "Your Mama Don't Dance"
Position: INTRO- FCG PTR & WALL NO HDS DANCE-SCP LOD
Footwork: Normal Opposite (W's special instructions in paranthesis)
Level: Phase IV
Sequence: INTRO,A B A C C B A END

INTRODUCTION

- 1-4 WAIT WAIT;; KNEE BEND TWICE;;
1-2 OP FCG ptr no hds jnd wait two Meas;;
3-4 Bend knees and snap fingers, straighten knees,bend knees and snap fingers, straighten knees; Repeat Meas 3 of Intro to BFLY;
- 5-8 STEP KICKS TWICE;; AWAY KICK TOG TCH TWICE;;
5 Sip L, kick R fwd btwn W's feet(W kick L outside M's R foot),sip R, kick L outside W's R foot (W kick R between M's feet);
6 Repeat Meas 5 Intro;
7 Release M's L and W's R hds trng away from ptr stp sd L, kick RIF, trn bk to fc ptr sd R, tch L in BFLY;
8 Repeat Meas 7 to SCP;

PART A

- 1-4 JIVE WALKS; SWIVEL FOUR; FOUR POINT STEPS;;
1 Fwd L/CL R,fwd L,fwd R/cl L,fwd R;
2 Fwd L,R,L,R(W fwd R swivel L,fwd L swivel R,fwd R swivel L,fwd L swivel R);
3 Pt fwd L,stp L,pt R fwd look RLOD,stp R;
4 Repeat Meas 3 look LOD on beat 1 and RLOD beat 3;
- 5-8 JIVE WALKS; SWIVEL FOUR; FOUR POINT STEPS;;
5-6 Repeat Meas 1 and 2 Part A;;
7-8 Repeat Meas 3 and 4 Part A;;
- 9-12 THROWAWAY; LINK ROCK- RK REC;; KICK BALL CHG TWICE;
9 Sip L/R,L(W pick-up R/L,R CP LOD),sip R/L,R trn 1/4 fc LOD in LOP(W sd & bk L/R,L);
10-11 Rk apt L,rec R trn 1/4 fc WALL,sd L/R,L(W rk apt R,rec L,fwd R/L,R trn rf to fc M and COH); Sd R/L,R SCP,rk bk L,rec R;
12 In SCP kick L fwd/sip L,sip R,kick L fwd/sip L,sip R;

PART B

- 1-4 JIVE CHASSE L & R; CHG PLACES R TO L - CHG PLACES L TO R;;
1 CP WALL sd L/R,L,sd R/L,R;
2-4 Trn to SCP rk bk L,rec R,chasse L/R,L trn 1/4 fc LOD(W chasse fwd R/L,R trng under ld hds rf to fc M); Chasse sd & fwd R/L,R(W bk L/R,L),rk apt L,rec R; Chasse sd L/R,L trn fc WALL,sd R/L,R(W fwd R/L,R trn lf under jnd ld hds to LOP fc M and COH,sd L/R,L);
- 5-10 SHLDR SHOVE - CHG HDS BEH BK;;; SHLDR SHOVE CHG HDS BEH BK;;;
5-7 In LOP FCG rk apt L,rec R trn rf fc RLOD,chasse sd L/R,L with slight lean twd ptr to tch M's L and W's R shldr; With slight push off trn lf to fc ptr chasse bk R/L,R,in LOP rk apt L, Rec R; Fwd L/R,L trn 1/4 lf(W fwd R/L,R trn 1/4 rf),slightly bk R/L,R cont trn lf 1/4 to LOP COH(W sd L/R,L trn 1/4 rf to fc ptr and WALL);
8-10 Repeat Meas 5-7 Part B end LOP fcg ptr and WALL;;;
- 11-12 LINK ROCK RK REC;;
11-12 Rk apt L,rec R,chasse fwd L/R,L to CP; Sd R/L,R,to SCP rk bk L,rec R;

PART C

- 1-4 PRETZEL TRN; DBL ROCK; UNWIND PRETZEL; DBL ROCK;
1 Retain M's L & W's R hds with prog down LOD M trn rf (W lf)L/R,L,R/L,R end both fcg LOD with jnd hds behind backs and M's R hd(W's L hd)extended twd LOD;
2 Rk fwd L,rec R,rk fwd L,rec R;

- 3 Retain hd hold and with prog down RLOD unwind L/R,L,R/L,R to CP WALL;
- 4 In SCP rk bk L,rec R,rk bk L,rec R;

5-8 RT TRN FLWY- RT TRN FLWY - FLWAY TO BFLY;;;:

- 5 NOTE; The last rk,rec,in Meas 4 is the first stps of the rt trn flwy) CP WALL chasse sd L/R,L trn rf,cont trn R/L,R to end CP COH;
- 6 SCP RLOD rk bk L,rec R, blend CP COH chasse L/R,L trn rf;
- 7 Cont trn rf R/L,R,to CP WALL,SCP rk bk L,rec R to CP;
- 8 Chasse sd L/R,L,R/L,R to BFLY;

9-12 WINDMILL - WINDMILL;;; PROG ROCKS:

- 9 Rk apt L,rec R,sip L/R,L trn 1/4 lf with slight body incline to L(W rk apt R,rec L,chasse sd R/L,R trn 1/4 lf);
- 10 Sd R/L,R trn 1/4 lf fc COH body straightened(W sip L/R,L trn 1/4 lf to fc WALL),rk apt L,rec R;
- 11 In place L/R,L trn 1/4 lf with slight body incline to L,sd R/L,R trn 1/4 of to fc WALL body straightened(W chasse sd R/L,R trn 1/4 lf,sip L/R,L trn 1/4 lf to fc COH);
- 12 Prog slightly LOD rk apt L,rec R,rk apt L,rec R;

ENDING

1-4 AWAY KICK FC TCH TWICE;; STEP KICKS TWICE;;

- 1-2 Repeat Meas 7 & 8 of Intro;
- 3-4 Repeat Meas 5 & 6 of Intro;;

5-6 AWAY KICK TOG TCH. TWIRL TWO APT PT:

- 5 Repeat Meas 7 of Intro;
- 6 Jn Id hds fwd L,R(W twirl rf R,L),apt L,pt R twd ptr;

YO MAMA

By: Fred and Gail Jabour, 605 Hampton Cove, Clinton, MS 39056 (601)924-5766
Record: "Your Mama Don't Dance" Columbia 13-3342 Adjust for comfort
Footwork: Opposite, woman's special instructions in parentheses
Phase: IV Jive
Sequence: Intro, A, B, A, C, C, B, A, End

INTRO

- 1 - 4 WAIT;; KNEE SNAPS;;
1 - 2 op fcg ptr and wall no hnds wait 2 ms;;
3 - 4 bend knees and snap fingers, straighten knees, bend knees and snap fingers, straighten knees; repeat ms 3;
- 5 - 8 STEP KICKS;; AWAY KICK TOG TCH 2 X;;
5 - 6 in bfly stp in pl L, kick R fwd bet W's feet (W kick L outsd M's r ft), stp R in pl, kick L outsd W's r ft (W kick R bet M's feet); repeat ms 5;
7 - 8 release M's l and W's r hnds trng awy from ptr stp sd L, kick Rif, trn bk to fc ptr sd R, tch L in bfly; repeat ms 7;

PART A

- 1 - 4 JIVE WALKS; SWIVEL 4; 4 PT STPS;;
1 - 2 (JIVE WALKS) scp fwd L/R,L, R/L,R; (SWIVEL 4) fwd L,R,L,R (W fwd R swivel left, fwd L swivel right, fwd R swivel left, fwd L swivel right);
3 - 4 (PT STPS) pt fwd L, stp L, pt R fwd look rld, stp R; repeat ms 3
look lod on beat 1 and rld on beat 3;
- 5 - 8 JIVE WALKS; SWIVEL 4; 4PT STPS;;
5 - 6 repeat ms 1 & 2 Part A;;
7 - 8 repeat ms 3 & 4 Part A;;
- 9 -12 THROWAWAY; LINK ROCK - RK REC;; KICK/BALL CHNG 2X;
9 (THROWAWAY) sd L/R,L (W pu R/L,R), sd R/L, R trng ¼ to fc lod in lop (W sd & bk L/R,L);
10-11 (LINK ROCK) rk apt L, rec R trng ¼ rf to wall, sd L/R,L (W rk apt R, rec L, fwd R/L,R trng rf to fc M and coh); sd R/L,R, scp rk bk L, rec R;
12 (KICK/BALL CHNG) scp kick L fwd/stp in pl L, stp in pl R, kick L fwd/stp in pl L, stp in pl R;

PART B

- 1 - 4 JIVE CHASSE L & R; CHNG R TO L - CHNG L TO R;;;
1 (JIVE CHASSE L & R) cp wall sd L/R,L, R/L,R;
2 - 4 (CHNG R TO L) scp rk bk L, rec R, chasse L/R,L trng ¼ to fc lod (W chasse fwd R/L,R trng under lead hnds rf to fc M); chasse sd & fwd R/L,R (W bk L/R,L), (CHNG L TO R) rk apt L, rec R; chasse sd L/R,L trng to fc wall, sd R/L,R (W fwd R/L,R trn lf under jnd lead hnds to lop fcg M and coh, sd L/R,L);
- 5 -10 SHOULDER SHOVE - CHNG HNDS BEH BK;;; SHOULDER SHOVE - CHNG HNDS BEH BK;;;
5 - 7 (SHOULDER SHOVE) lop fcg rk apt L, rec R trng rf to fc rld, chasse sd L/R,L with slight lean twd ptr to tch M's l and W's r shoulders; with slight pushing off tm lf to fc ptr chasse bk R/L,R, (CHNG HNDS BEH BK) in lop rk apt L, rec R; fwd L/R,L trng ¼ lf (W fwd R/L,R trng ¼ rf), slightly bk R/L,R cont trng lf ¼ to lop fcg coh (W sd L/R,L trng ¼ rf to fc ptr and wall);
8 -10 repeat ms 5-7 Part B end lop fcg ptr and wall;;;
- 11-12 LINK ROCK - RK REC;;
11-12 (LINK RK) rk apt L, rec R, chasse fwd L/R,L to cp; sd R/L,R, scp rk bk L, rec R;

PART C

- 1 - 4 PRETZEL TRN; DBL RK; UNWIND PRETZEL; DBL RK;
1 - 2 retain M's l and W's r hnds with progression down lod M trn rf
(W lf) L/R,L, R/L, R end both fcg lod with jnd hnds beh backs and
M's r hnd (W's l hnd) extended fwd lod; rk fwd L, rec R, rk fwd
L, rec R;
3 - 4 retaining hnd hold and with progression rlod unwind L/R,L, R/L,R to
cp wall; scp rk bk L, rec R, rk bk L, rec R;
5 - 8 RT TRNG FALLAWAY - RT TRNG FALLAWAY - FALLAWAY RK TO BFLY;;;
5 - 8 (RT TRNG FALLAWAY) (*note-the rock that precedes the figure is part
of the preceding ms) cp wall chasse sd L/R,L trng rf, cont trng
R/L,R to end cp coh; (TR TRNG FALLAWAY) scp rlod rk bk L, rec R,
blnd cp coh chasse L/R,L trng rf; cont trng rf R/L,R to cp wall,
(FALLAWAY RK) scp rk bk L, rec R to cp; chasse sd L/R,L, and R/L,R
to bfly;
9 -12 WINDMILL- WINDMILL;;; PROG RK;
9 -11 (WINDMILL) Rk apt L, rec R, in pl L/R,L trng $\frac{1}{2}$ lf with slight body
incline to left (W rk apt R, rec L, chasse sd R/L,R trng $\frac{1}{2}$ lf);
sd R/L,R trng $\frac{1}{2}$ lf to fc coh body straightened (W in pl L/R,L trng
 $\frac{1}{2}$ lf to fc wall). (WINDMILL) Rk apt L, rec R; in pl L/R,L trng $\frac{1}{2}$
lf with slight body incline to left, sd R/L,R trng $\frac{1}{2}$ lf to fc wall
body straightened (W chasse sd R/L,R trng $\frac{1}{2}$ lf, in pl L/R,L trng $\frac{1}{2}$
lf to fc coh);
12 (PROG RK) progressing slightly lod rk apt L, rec R, rk apt L, rec R;

END

- 1 - 6 AWAY KICK TOG TCH 2X;; STP KICKS;; AWAY KICK TOG TCH ; TWIRL 2 APT PT;
1 - 2 repeat ms 7 & 8 of Intro;;
3 - 4 repeat ms 5 & 6 of Intro;;
5 repeat ms 7 of Intro;
6 jn lead hnds fwd L,R (Wtwirl rf R,L), apt L, pt R twd ptr;

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Level :Phase IV
Sequence :INTRO,A B A C C B A END

INTRODUCTION

1 - 4 [1] [2] WAIT WAIT:: [3] [4] KNEE BEND TWICE::

[1] [2] OP FCG ptr no hds jnd wait two Meas;; [3] Bend knees and snap fingers, straighten knees, bend knees and snap fingers, straighten knees; [4] Repeat Meas 3 of Intro to BFLY;

5 - 8 [5] [6] STEP KICKS TWICE:: [7] [8] AWAY KICK TOG TCH TWICE::

[5] Sip L, kick R fwd btwn W's feet (W kick L outside M's R foot), sip R, kick L outside W's R foot (W kick R between M's feet); [6] Repeat Meas 5 Intro; [7] Release M's L and W's R hds trng away from ptr stp sd L, kick R/L, trn bk to fc ptr sd R, tch L in BFLY; [8] Repeat Meas 7 to SCP;

PART A

1 - 4 [1] JIVE WALKS: [2] SWIVEL FOUR: [3] [4] FOUR POINT STEPS::

[1] Fwd L/cl R, fwd L, fwd R/cl L, fwd R; [2] Fwd L, R, L, R (W fwd R swivel L, fwd L swivel R, fwd R swivel L, fwd L swivel R); [3] Pt fwd L, stp L, pt R fwd look RLOD, stp R; [4] Repeat Meas 3 look LOD on beat 1 and RLOD beat 3;

5 - 8 [5] JIVE WALKS: [6] SWIVEL FOUR: [7] [8] FOUR POINT STEPS::

[5] [6] Repeat Meas 1 and 2 Part A;; [7] [8] Repeat Meas 3 and 4 Part A;;

9 - 12 [9] THROWAWAY: [10] [11] LINK ROCK - RK.REC:: [12] KICK BALL CHG TWICE:

[9] Sip L/R, L (W pick-up R/L, R CP LOD), sip R/L, R trn 1/4 fc LOD in LOP (W sd & bk L/R, L); [10] [11] Rk apt L, rec R trn 1/4 fc WALL, sd L/R, L (W rk apt R, rec L, fwd R/L, R trn rf to fc M and COH); Sd R/L, R SCP, rk bk L, rec R; [12] In SCP kick L fwd/sip L, sip R, kick L fwd/sip L, sip R;

PART B

1 - 4 [1] JIVE CHASSE L & R: [2] [3] [4] CHG PLACES R TO L - CHG PLACES L TO R::

[1] CP WALL sd L/R, L, sd R/L, R; [2] [3] [4] Trn to SCP rk bk L, rec R, chasse L/R, L trn 1/4 fc LOD (W chasse fwd R/L, R trng under ld hds rf to fc M); Chasse sd & fwd R/L, R (W bk L/R, L), rk apt L, rec R; Chasse sd L/R, L trn fc WALL, sd R/L, R (W fwd R/L, R trn lf under jnd ld hds to LOP fc M and COH, sd L/R, L);

5 - 10 [5] [6] [7] SHLDR SHOVE - CHG HDS BEH BK:: [8] [9] [10] SHLDR SHOVE - CHG HDS BEH BK::

[5] [6] [7] In LOP FCG rk apt L, rec R trn rf fc RLOD, chasse sd L/R, L with slight lean twd ptr to tch M's L and W's R shldr; With slight push off trn lf to fc ptr chasse bk R/L, R, in LOP rk apt L, Rec R; Fwd L/R, L trn 1/4 lf (W fwd R/L, R trn 1/4 rf), slightly bk R/L, R cont trn lf 1/4 to LOP COH (W sd L/R, L trn 1/4 rf to fc ptr and WALL); [8] [9] [10] Repeat Meas 5-7 Part B end LOP fcg ptr and WALL;;

11-12 [11] LINK ROCK [12] RK REC::

[11] Rk apt L, rec R, chasse fwd L/R, L to CP; [12] Sd R/L, R, to SCP rk bk L, rec R;

PART C

1 - 4 [1] PRETZEL TRN: [2] DBL ROCK: [3] UNWIND PRETZEL: [4] DBL ROCK:

[1] Retain M's L & W's R hds with prog down LOD M trn rf (W lf) L/R, L, R/L, R end both fcg LOD with jnd hds behind backs and M's R hd (W's L hd) extended twd LOD; [2] Rk fwd L, rec R, rk fwd L, rec R; [3] Retain hd hold and with prog down RLOD unwind L/R, L, R/L, R to CP WALL; [4] In SCP rk bk L, rec R, rk bk L, rec R;

CONTINUED ON REVERSE

5 - 8 [5] [6] [7] [8] RT TRN FLWY - RT TRN FLWY - FLWAY RK TO BFLY:::

[5] NOTE: The last rk,rec,in Meas 4 is the first slips of the rt tm flwy) CP WALL chasse sd L/R,L tm rf,cont tm R/L,R to end CP COH; [6] SCP RLOD rk bk L,rec R. blend CP COH chasse L/R,L tm rf; [7] Cont tm rf R/L,R,to CP WALL,SCP rk bk L,rec R to CP; [8] Chasse sd L/R,L,R/L,R to BFLY;

9 -12 [9] [10] [11] WINDMILL - WINDMILL::: [12] PROG ROCKS:

[9] Rk apt L,rec R,sip L/R,L tm 1/4 lf with slight body incline to L(W rk apt R,rec L,chasse sd R/L,R tm 1/4 lf); [10] Sd R/L,R tm 1/4 lf fc COH body straightened(W sip L/R,L tm 1/4 lf to fc WALL),rk apt L,rec R; [11] In place L/R,L tm 1/4 lf with slight body incline to L,sd R/L,R tm 1/4 of to fc WALL body straightened(W chasse sd R/L,R tm 1/4 lf,sip L/R,L tm 1/4 lf to fc COH); [12] Prog slightly LOD rk apt L,rec R,rk apt L,rec R;

ENDING

1 - 4 [1] [2] AWAY KICK FC TCH TWICE:: [3] [4] STEP KICKS TWICE::

[1] [2] Repeat Meas 7 & 8 of Intro;; [3] [4] Repeat Meas 5 & 6 of Intro;;

5 - 6 [5] AWAY KICK TOG TCH; [6] TWIRL TWO APT PT:

[5] Repeat Meas 7 of Intro; [6] Jn ld hds fwd L,R(W twirl rf R,L),apt L,pt R twd ptr;