

Mama Rock Me

Guenther Wodlei

Type : 64 Count, Progressive Circle Dance
Level : Partner Pattern Dance & Classic Pattern Partner Dance B
Music : "Wagon Wheel" by Nathan Carter (146 BPM)
Arms : For the arm connections, please refer to the Original WCDF video

Leader

Starting position:

Facing 12.00
Sweetheart position

LOCK STEP, SCUFF, X2

1	RF	Step forward
2	LF	Cross behind
3	RF	Step forward
4	LF	Scuff forward
5	LF	Step forward
6	RF	Cross behind
7	LF	Step forward
8	RF	Scuff forward

GRAPEVINE, SCUFF, ¼ TURN STEP 2X, CROSS BEHIND, STEP R

9	RF	Step R
10	LF	Cross behind
11	RF	Step R
12	LF	Scuff forward
13	LF	¼ Turn L, step forward (9:00)
14	RF	¼ Turn L, step L (6:00)
15	LF	Cross behind
16	RF	Step R

Follower

Starting position:

Facing 12.00
Sweetheart position

LOCK STEP, SCUFF, X2

1	RF	Step forward
2	LF	Cross behind
3	RF	Step forward
4	LF	Scuff forward
5	LF	Step forward
6	RF	Cross behind
7	LF	Step forward
8	RF	Scuff forward

GRAPEVINE, SCUFF, ¼ TURN STEP 2X, CROSS BEHIND, SIDE

9	RF	Step R
10	LF	Cross behind
11	RF	Step R
12	LF	Scuff forward
13	LF	¼ Turn R, step backwards (3:00)
14	RF	¼ Turn R, step R (6:00)
15	LF	Cross behind
16	RF	Step R

Official WCDF competition dance description 2015

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Leader

JAZZ BOX, TOE STRUT 2X

17	LF	Cross over
18	RF	Step backwards
19	LF	Step side
20	RF	Step forward
21	LF	¼ Turn R, step backwards on ball (6:00)
22	LF	Drop heel
23	RF	¼ Turn R, step R on ball (12:00)
24	RF	Drop heel

TOE STRUT 2X, JAZZ TRIANGLE, SCUFF

25	LF	Cross over on ball
26	LF	Drop heel
27	RF	Step side on ball
28	RF	Drop heel
29	LF	Cross over
30	RF	Step backwards
31	LF	Step L
32	RF	Scuff forward

Follower

JAZZ BOX, TOE STRUT 2X

17	LF	Cross over
18	RF	Step backwards
19	LF	Step L
20	RF	Step forward
21	LF	¼ Turn L, step forward on ball (3:00)
22	LF	Drop heel
23	RF	¼ Turn L, step R on ball (12:00)
24	RF	Drop heel

TOE STRUT 2X, JAZZ TRIANGLE, SCUFF

25	LF	Cross over on ball
26	LF	Drop heel
27	RF	Step R on ball
28	RF	Drop heel
29	LF	Cross over
30	RF	Step backwards
31	LF	Step L
32	RF	Scuff forward

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Leader

HEEL, HOOK, HEEL, FLICK, HEEL, HOOK, STEP, HOLD

33	RF	Touch heel forward
34	RF	Hitch crossed over
35	RF	Touch heel forward
36	RF	Flick backwards
37	RF	Touch heel forward
38	RF	Hitch crossed over
39	RF	Step forward
40	RF	Hold

HEEL, HOOK, HEEL, FLICK, HEEL, HOOK, STEP, HOLD

41	LF	Touch heel forward
42	LF	Hitch crossed over
43	LF	Touch heel forward
44	LF	Flick backwards
45	LF	Touch heel forward
46	LF	Hitch crossed over
47	LF	Step forward
48		Hold

Follower

HEEL, HOOK, HEEL, FLICK, HEEL, HOOK, STEP, HOLD

33	RF	Touch heel forward
34	RF	Hitch crossed over
35	RF	Touch heel forward
36	RF	Flick backwards
37	RF	Touch heel forward
38	RF	Hitch crossed over
39	RF	Step forward
40	RF	Hold

HEEL, HOOK, HEEL, FLICK, HEEL, HOOK, STEP, TOGETHER

41	LF	Touch heel forward
42	LF	Hitch crossed over
43	LF	Touch heel forward
44	LF	Flick backwards
45	LF	Touch heel forward
46	LF	Hitch crossed over
47	LF	Step forward
48	RF	Step together

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Leader

½ STEP TURN R, STEP, HOLD, ½ TURN R, STEP, HOLD

49	RF	Step forward
50	LF	½ Turn L, recover weight (6:00)
51	RF	Step forward
52		Hold
53	LF	½ Turn R, step backwards (12:00)
54	RF	½ Turn R, step forward (6:00)
55	LF	Step forward
56	LF	Hold

½ STEP TURN L, STEP, TOGETHER, SWIVET R, SWIVET L

57	RF	Step forward
58	LF	½ Turn L, recover weight (12:00)
59	RF	Step forward
60	LF	Step together
61	RF	Turn toe R, weight on heel
	LF	Turn heel L, weight on toe
62	RF	Recover to center
	LF	Recover to center
63	LF	Turn toe L, weight on heel
	RF	Turn heel R, weight on toe
64	LF	Recover to center
	RF	Recover to center

Follower

½ STEP TURN R, STEP, HOLD, ½ TURN L 2X, STEP, HOLD

49	LF	Step forward
50	RF	½ Turn R, recover weight (6:00)
51	LF	Step forward
52		Hold
53	RF	½ Turn L, step backwards (12:00)
54	LF	½ Turn L, step forward (6:00)
55	RF	Step forward
56		Hold

½ STEP TURN R, STEP, TOGETHER, SWIVET R, SWIVET L

57	LF	Step forward
58	RF	½ Turn R, recover weight (12:00)
59	LF	Step forward
60	RF	Step together
61	RF	Turn toe R, weight on heel
	LF	Turn heel L, weight on toe
62	RF	Recover to center
	LF	Recover to center
63	LF	Turn toe L, weight on heel
	RF	Turn heel R, weight on toe
64	LF	Recover to center
	RF	Recover to center