

No Stress

32 Count, 4 Wall, Intermediate

Choreographer: Shane McKeever (IE) Jul 2017

Choreographed to: Mama by Jonas Blue, ft. William Singe

Track:	Approx 3:04mins
Count In:	16 counts from start of track, dance begins on vocals.
Notes:	2 Tags after walls 3 and 7.
Section 1	R scuff, Out-Out (R-L), R knee pop in-out, R hitch, R side, L sailor, R close, toe switch L -R
1 & 2	Scuff R forward (1), step R to right side (&), step L to left side (2) 12.00
& 3 & 4	Pop R knee in towards L (&), pop R knee out to right side (3), hitch R knee to right diagonal (&), step R to right side (4) 12.00
5 & 6	Cross L behind R (5), step R next to L (&), step L to left side (6) 12.00
& 7 & 8	Step R next to L (&), point L to left side (7), step L next to R (&), point R to right side (8) 12.00
Section 2	R close, L side rock, L behind – R side – L cross, R side, ¼ R side L, ¼ R side R, jump
& 1 2	Step R next to L (&), rock L to left side (1), recover weight R (2) 12.00
3 & 4	Cross L behind (3), step R to right side (&), cross L over R (4) 12.00
5 6	Step R to right side as you slide L towards R (5), make ¼ turn right stepping L to left side as you slide R towards L (6) 3.00
7 8	Make ¼ turn right stepping R to right side as you slide L towards R (7), jump both feet together (angle body to 7.30) (8) 6.00
Section 3	Dorothy Step R-L, R rocking chair, R forward sweeping L, L cross
1 2 &	Step R to right diagonal (1), lock L behind R (2), step R to right diagonal (&), 6.00
3 4 &	Step L to left diagonal (3), lock R behind L (4), step L to left diagonal (&) 6.00
5 & 6 &	Rock forward R (5), recover weight L (&), rock back R (6), recover weight L (&) 6.00
7 8	Step forward R sweeping L (7), cross L over R (8) 6.00
Section 4	R back, L side, R touch, R point, R sailor, L touch behind, ¾ turn L, Out-Out (R-L), In-In (R-L)
& 1	Step back R (and slightly to right side (&), step L to left side (1) 6.00
& 2	Touch R next to L (&), point R to right side (2), 6.00
3 & 4	Cross R behind L (3), step L next to R (&), step R to right side (4) 6.00
5 6	Touch L behind R (5), unwind ¾ turn left transferring weight L (6) 9.00
& 7 & 8	Step R to right side (&), step L to left side (7), step R in place (centre) (&), cross L over R (8) 9.00
Tag:	At the end of walls 3 and 7 do the following 32 count Tag – you will be facing 3.00
[1 – 8]	R out, R in, L out, L in, ½ turn L doing a 4 count chug
1 2	Make ¼ turn left stepping R to right side (1), make ¼ turn right stepping R next to L (2) 3.00
3 4	Make ¼ turn right stepping L to left side (3), make ¼ turn left stepping L next to R (4) 3.00
5 6	Make 1/8 turn left pushing R to right side (5), make 1/8 turn left pushing R to right side (6), 12.00
7 8	Make 1/8 turn left pushing R to right side (7), make 1/8 turn left pushing R to right side (8) 9.00
[9 – 16]	R out, R in, L out, L in, R side, L touch, L side, R touch
1 2	Make ¼ turn left stepping R to right side (1), make ¼ turn right stepping R next to L (2) 9.00
3 4	Make ¼ turn right stepping L to left side (3), make ¼ turn left stepping L next to R (4) 9.00
5 6	Step R to right side (5), touch L next to R (6) – as you do these counts bring arms in front of chest and pop chest twice 9.00
7 8	Step L to left side (7), touch R next to L (8) - as you do these counts bring arms in front of chest and pop chest twice 9.00
[17 – 32]	Repeat counts 1 – 16 above. 3.00
