Mama Tried

Count: 32 **Wall:** 2 **Level:** High Beginner
Choreographer: Martha Ferrante (USA) - October 2025
Music: Mama Tried - Merle Haggard

Starts on Lyrics

WALK RIGHT then LEFT, RIGHT SHUFFLE FWD, LEFT FWD ROCK, RECOVER, ¼ L SIDE SHUFFLE

1-2	Step forward on Right foot, step forward on Left foot
3&4	Step forward on Right foot beside Left, step on Left foot beside Right, step forward on Right foot
5-6	Rock forward on Left foot, recover weight back onto Right foot
7&8	Turn ¼ Left stepping to Left on Left foot, step on Right foot beside Left, step to Left on Left foot (facing 9:00)

WEAVE TO LEFT, CROSS ROCK, RECOVER, 1/4 TURN R FWD. SHUFFLE

1-2	Cross-step Right foot over Left, step to Left on Left foot
3-4	Cross-step Right foot behind Left, step Left foot out to Left side
5-6	Cross-step Right foot over Left, recover Left, turn 1/4 right (back to 12:00)

WALL 4 - NO SHUFFLE - 2 WALKS - Right (7), Left (8) then RESTART with WALKS

7&8	Step forward on Right foot beside, step on Left foot beside Right, step forward on Right foot

WALK LEFT then RIGHT, LEFT SHUFFLE FWD, ROCK FWD ROCK, RECOVER, SHUFFLE ½ TURN RIGHT

1-2	Step forward on Left foot, step forward on Right foot
3&4	Step forward on Left foot beside Right, step on Right foot beside Left, step forward on Left foot
5-6	Rock forward on Right foot, recover weight back onto Left foot
7&8	Making ½ turn over Right shoulder, shuffle Right-Left-Right

ROCK FORWARD LEFT, RECOVER RIGHT, LEFT COASTER STEP, RIGHT ROCKING CHAIR

1-2	Rock forward on Left foot, recover weight back onto Right foot
3&4	Step back on Left foot, Step Right foot beside Left, step Left foot forward
5-6-7-8	Rock right foot forward, recover on Left foot, rock Right foot back, recover on Left foot

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