

AB - SHE WAS MY TEACHER, MY FRIEND

Choreographed by: Wanda Heldt - Perth W.Australia - April 2018
Music: **My Mother, My Teacher, My Friend** by Owen Mac & Johnny Brady.
32 Count - 1 Wall - Absolute Beginner/Senior Line dance - **Start on Vocals**
Just loved the song ! Remembering my Mum who passed away at age 59 from Cancer.
and To all Mum's out there, God Bless.



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I teach at a 10 week Step program for seniors to keep them moving.

*As the original of this dance is just to hard, as they loved the song
so I have adjusted the steps to suit Raw Beginners & 80+ seniors*

[seniorS that are just not able to move fast or turn as they have health and walking stick etc.or have never line dance.

Also Split floor with HAVANA OH NA NA

- 1. CROSS, RECOVER, CROSS, HOLD,
ROCK FORWARD, RECOVER, STEP LEFT, HOLD**
1-4 Cross Right over Left, Recover on Left, Cross Right over Left, Hold.
5-6 Rock Left forward, Recover on Right.
7-8 Step Left to Left side, Hold. [Wt. on L]

- 2. RIGHT VINE R.L.R. TOUCH, LEFT FORWARD MAMBO**
1-2 Step Right to Right Side, Step Left behind Right,
3-4 Step Right to Right side, Touch Left toe next to Right.
5-8 Rock forward on Left, Recover on Right, Step Left next Right, Hold

- 3. STEP, RIGHT, LEFT, RIGHT BACK to RIGHT Diagonal
STEP LEFT, RIGHT, LEFT BACK to LEFT Diagonal**
1-2 Step back on Right to *Right Diagonal*, Step Left together,
3-4 Step back on Right to *Right diagonal*, Touch Left next to Right.
5-6 Step back on Left, to *Left diagonal*, Step Right together,
7-8 Step back on Left to *Left diagonal*, Touch Right next to .

- 4. SIDE RIGHT MAMBO, WALK FORWARD L.R.L. HOLD**
1-4 Rock Right to Right, Recover on Left, Step Right next Left, Hold.
5-8 Walk forward L.R.L. Hold.

Repeat:- HAVE FUN IN LIFE & IN DANCE