

Mom

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Music: “Mom” by Meghan Trainor featuring Kelli Trainor
Available on Amazon (“Thank You (Deluxe)” album) **Original Time:** 3:15
Cut 1:59.500 to end, fade out from 1:53.000 **Final Time:** 1:59
<https://www.youtube.com/watch?v=5BFtJR0pBQ>
https://www.youtube.com/watch?v=rZntawk8I_I

Video:

Rhythm & Phase: Single Swing, Phase III + 2 (American Spin, Triple Wheel)

Footwork: Opposite (*except where noted*) **Suggested Tempo:** 50.0 RPM
(adjust for comfort)

Sequence: Introduction, A, B, A, B, Ending

Released: November 9, 2025 (Revised November 16, 2025)

Introduction (8 measures)

1 – 4 [Fcg ptr WALL 6 ft apt] Wait 2 Measures ; ; Slow Swivel Walk 2 ; Quick Swivel Walk 4, Closed ;
---- ---- 1 – 2 {Wait 2 Measures} Wait 2 measures facing partner and WALL about 6 ft apart ; ;
SS 3 {Slow Swivel Walk 2} Moving twd ptr fwd L swvlng, -, fwd R swvlng, - ;
QQQQ 4 {Quick Swivel Walk 4} Fwd L swvlng, fwd R swvlng, fwd L swvlng, fwd R swvlng to CP WALL ;

5 – 8 Side Touch Side ; Change Right to Left ~ Change Left to Right ; ; ;
QQS 5 {Side Touch Side} Sd L, tch R to L, sd R, - to CP WALL ;
QQSS 6 – 7.5 {Change Right to Left} Rk bk L to SCP, rec R, sd L trng 1/4 LF raising jnd ld hnds, - ; sd R, - (*W rk bk R, rec L, fwd & sd in frnt of M, - ; spin RF 3/4 undr jnd ld hnds sd & bk L, -*) to LOP LOD,
QQSS 7.5 – 8 {Change Left to Right} Rk apt L, rec R raising jnd ld hnds ; fwd L trng 1/4 RF trn, -, sd R, - (*W rk apt R, rec L ; fwd R trng 3/4 LF undr jnd ld hnds, -, sd L, -*) to CP WALL ;

Part A (16 measures)

1 – 6 Fallaway Throwaway ~ American Spin ; ; ; Change Left to Right ~ Change Hands Behind Back ; ; ;
QQSS 1 – 2.5 {Fallaway Throwaway} Rk bk L to SCP, rec R, fwd & sd L lng W to trn 1/2 LF, - ; sd R LOP fcg pos, - (*W rk bk R to SCP, rec L, fwd R trn 1/2 LF, - ; sd & bk L LOP fcg pos, -*) to LOP LOD,
QQSS 2.5 – 4 {American Spin} Rk apt L, rec R ; sd L, -, sd R, - (*W rk apt R, rec L ; sd R spinning RF one full trn, -, sd L, -*) to LOP LOD;
QQSS 4 – 5.5 {Change Left to Right} Rk apt L, rec R raising jnd ld hnds, fwd L trng 1/4 RF trn, - ; sd R, - (*W rk apt R, rec L, fwd R trng 3/4 LF undr jnd ld hnds, - ; sd L, -*) to LOP WALL ;
QQSS 5.5 – 6 {Change Hands Behind Back} Rk apt L, rec R plc R hnd ovr W's R hnd ; fwd L rel L hnd trn 1/4 LF to TANDEM pos in frnt of W plc L hnd bhnd back, -, Xfer W's R hnd to M's L hnd sd & bk R trn 1/4 LF, - (*Rk apt R, rec L ; fwd R trn 1/4 RF to TANDEM pos bhnd M, -, sd & bk L trn 1/4 RF, -*) to LOP COH ;

7 – 10 Basic Rock, Handshake ~ Triple Wheel ; ; ;
QQSS 7 – 8.5 {Basic Rock} Rk apt L, rec R, sd L, - ; sd R to R HANDSHAKE COH, -,
QQSSSS 8.5 – 10 {Triple Wheel} Rk apt L, rec R trn 1/4 RF ; comm RF wheel tch ptr's bk with L hnd sd L, -, cont RF wheel trn away from ptr sd R, - ; cont RF wheel tch ptr's back with left hnd sd L lng ptr to spin RF, -, sd R, - (*W rk apt R, rec L trn 1/4 LF ; comm RF wheel trn away from ptr sd R, -, cont RF wheel tch ptr's bk with L hnd sd L, - ; cont RF wheel sd R spinning RF on R ft to fc ptr, -, sd L, -*) to LOP WALL ;

11 – 16 Basic Rock ~ Change Right to Left ; ; ; Change Left to Right ~ Rock Recover ; ; Side Touch Side ;
QQSS 11 – 12.5 {Basic Rock} Rk apt L, rec R, sd L, - ; sd R, - to CP WALL,
QQSS 12.5 – 13 {Change Right to Left} Rk bk L to SCP, rec R ; sd L trng 1/4 LF raising jnd ld hnds, -, sd R, - (*W rk bk R, rec L ; fwd & sd in frnt of M, -, spin RF 3/4 undr jnd ld hnds sd & bk L, -*) to LOP LOD ;
QQSS 13 – 14.5 {Change Left to Right} Rk apt L, rec R raising jnd ld hnds, fwd L trng 1/4 RF trn, - ; sd R, - (*W rk apt R, rec L, fwd R trng 3/4 LF undr jnd ld hnds, - ; sd L, -*) to CP WALL ;
QQ 14.5 – 15 {Rock Recover} Rk bk L to SCP, rec R to CP WALL ;
QQS 16 {Side Touch Side} Sd L, tch R to L, sd R, - ;

Part B (8 measures)

1 – 4 Rock Recover ~ Point Step, 2X ~ Rock Recover ; ; Slow Rock The Boat, 2X ; ;

- QQ 1 – 1.5 {Rock Recover} Rk bk L to SCP, rec R to SCP LOD,
 SS 1.5 – 2.5 {Point Step, 2X} Pt LF fwd, fwd L ; pt RF fwd, fwd R,
 QQ 2.5 – 3 {Rock Recover} Rk bk L to SCP, rec R SCP LOD ;
 SS SS 3 – 4 {Slow Rock The Boat, 2X} Fwd L with straight knee leaning fwd, -, with rocking motion and relaxed knees cl R leaning bwd, - ; Fwd L with straight knee leaning fwd, -, with rocking motion and relaxed knees cl R leaning bwd, - ;

5 – 8 Fallaway Throwaway ~ Slow Back Swivel Walk 2 ~ Change Left to Right ; ; ;

- QQSS 5 – 6.5 {Fallaway Throwaway} Rk bk L to SCP, rec R, fwd & sd L ldn W to trn 1/2 LF, - ; sd R LOP fcg pos, - (*W rk bk R to SCP, rec L, fwd R trn 1/2 LF, - ; sd & bk L LOP fcg pos, -*) to LOP LOD,
 SS 6.5 – 7.5 {Slow Back Swivel Walk 2} Bk L swvlng, - ; bk R swvlng, -,
 QQSS 7.5 – 8 {Change Left to Right} Rk apt L, rec R raising jnd ld hnds ; fwd L trng 1/4 RF trn, -, sd R, - (*W rk apt R, rec L ; fwd R trng 3/4 LF undr jnd ld hnds, -, sd L, -*) to CP WALL ;

Part A Repeats (16 measures)

- 1 – 16 Fallaway Throwaway ~ American Spin ; ; ; Change Left to Right ~ Change Hands Behind Back ; ; ;
 Basic Rock, Handshake ~ Triple Wheel ; ; ; ; Basic Rock ~ Change Right to Left ; ; ;
 Change Left to Right ~ Rock Recover ; ; ; Side Touch Side ;

Part B Repeats (8 measures)

- 1 – 8 Rock Recover ~ Point Step, 2X ~ Rock Recover ; ; Slow Rock The Boat, 2X ; ;
 Fallaway Throwaway ~ Slow Back Swivel Walk 2 ~ Change Left to Right ; ; ; ;

Ending (9 measures)

- 1 – 6 Fallaway Throwaway ~ American Spin ; ; ; Change Left to Right ~ Change Hands Behind Back ; ; ;

1 – 6 Repeat Part A measures 1 – 6

7 – 9 Link Rock ~ Rock Recover ; ; Point Side ;

- QQSS 7 – 8.5 {Link Rock} Rk apt L, rec R, sd L comm 1/4 RF trn, - ; sd R compl 1/4 RF trn to CP WALL, -,
 QQ 8.5 - 9 {Rock Apart Recover} Rk bk L to SCP, rec R to SCP LOD ;
 S-- 9 {Point Side} Pt L ft to LOD in SCP, -, -, - ;

Head Cues

Intro [8 measures] Facing Partner About 6 Feet Apart

1 – 8 Wait 2 Measures ; ; Slow Swivel Walk 2 ; Quick Swivel Walk 4, Closed ; Side Touch Side ;
Change Right to Left ~ Change Left to Right ; ; ;

Part A [16 measures]

1 – 16 Fallaway Throwaway ~ American Spin ; ; ; Change Left to Right ~ Change Hands Behind Back ; ; ;
Basic Rock, Handshake ~ Triple Wheel ; ; ; ; Basic Rock ~ Change Right to Left ; ; ;
Change Left to Right ~ Rock Recover ; ; Side Touch Side ;

Part B [8 measures]

1 – 8 Rock Recover ~ Point Step, 2X ~ Rock Recover ; ; Slow Rock The Boat, 2X ; ;
Fallaway Throwaway ~ Slow Back Swivel Walk 2 ~ Change Left to Right ; ; ; ;

Part A [16 measures]

1 – 16 Fallaway Throwaway ~ American Spin ; ; ; Change Left to Right ~ Change Hands Behind Back ; ; ;
Basic Rock, Handshake ~ Triple Wheel ; ; ; ; Basic Rock ~ Change Right to Left ; ; ;
Change Left to Right ~ Rock Recover ; ; Side Touch Side ;

Part B [8 measures]

1 – 8 Rock Recover ~ Point Step, 2X ~ Rock Recover ; ; Slow Rock The Boat, 2X ; ;
Fallaway Throwaway ~ Slow Back Swivel Walk 2 ~ Change Left to Right ; ; ; ;

Ending [9 measures]

1 – 9 Fallaway Throwaway ~ American Spin ; ; ; Change Left to Right ~ Change Hands Behind Back ; ; ;
Link Rock ~ Rock Recover ; ; Point Side ;