

A Mom Like Mine

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Music: "Mom" by Meghan Trainor featuring Kelli Trainor

Available on Amazon ("Thank You (Deluxe)" album)

Original Time: 3:15

Cut 1:54.000 to end, fade out from 1:53.400

Final Time: 1:54

<https://www.youtube.com/watch?v=5BFetJR0pBQ>

Video:

Rhythm & Phase: Single Swing, Phase IV

Footwork: Opposite (*except where noted*)

Suggested Tempo: 50.0 RPM

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

(adjust for comfort)

Released: October 3, 2026

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 swvIng, -, fwd R swvIng, - ;

QQQQ 4 {Quick Swivel Walk 4} Fwd L swvIng, fwd R swvIng, fwd L swvIng, fwd R swvIng 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 – 8 {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 LOPF LOD,

QQSS {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 – 4 {Fallaway Throwaway} Rk bk L to SCP, rec R, fwd & sd L lng W to trn 1/2 LF, - ; sd R, - (*W rk bk R to SCP, rec L, fwd R trn 1/2 LF, - ; sd & bk L, -*) to LOPF pos fcg LOD,

QQSS {American Spin} Rk apt L, rec R ; sd L, -, sd R, - (*W rk apt R, rec L ; sd R spn RF one full trn, -, sd L, -*) to LOPF LOD ;

QQSS 4 – 6 {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 LOPF WALL ;

QQSS {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 LOPF COH ;

7 – 10 Shoulder Shove, Handshake ~ Triple Wheel ; ; ; ;

QQSS 7 – 10 {Shoulder Shove, Handshake} Rk apt L, rec R trng RF (*W LF*), sd L twd ptr bring M's left and W's right shoulders together trng LF (*W RF*) to fc ptr, - ; sd R, -

QQSSSS {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 LOPF WALL ;

11 – 16 Basic Rock ~ Right Turning Fallaway ; ; ; Change Right to Left ~ Change Left to Right ; ; ;

QQSS 11 – 13 {Basic Rock} Rk apt L, rec R, sd L, - ; sd R, - to CP WALL,

QQSS {Right Turning Fallaway} Rk bk L to SCP, rec R ; sd & fwd L in frnt of W comm 1/2 RF trn, -, sd R comp RF trn, - to CP COH ;

QQSS 14 – 16 {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 LOPF RLOD,

QQSS {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 COH ;

Part B (8 measures)

1 – 4 Pretzel Turn ; ; ; Double Rock ;

QQSS 1 – 3 {Pretzel Turn} Rk apt L, rec R, sd L trng 1/2 RF (*W LF*) keep ld hnds jnd, - ; Sd R trng 1/8 RF (*W LF*) w/ld hnds jnd
 QQSS bhd back, -, rk fwd L XIF of R, rec R ; Sd L trng 1/2 LF (*W RF*) to fc ptr, -, sd R, - to CP COH ;
 QQQQ 4 {Double Rock} Rk apt L, rec R, rk apt L, rec R ;

5 – 8 Throwaway, BFLY ; Spanish Arms ~ Change Left to Right ; ; ;

SS 5 {Throwaway, BFLY} Sd L ldng W to trn 1/2 LF, - ; sd R, - (*W fwd R trn 1/2 LF, - ; sd & bk L, -*) to BFLY RLOD ;
 QQSS 6 – 8 {Spanish Arms} Rk apt L, rec R trng RF (*W trng 1/4 LF*), sd L cont RF trn (*W trn 3/4 RF*), - ; sd R to BFLY LOD, -,
 QQSS {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 ; ; ;
 Shoulder Shove, Handshake ~ Triple Wheel ; ; ; Basic Rock ~ Right Turning Fallaway ; ; ; Change
 Right to Left ~ Change Left to Right ; ; ;

Part B Repeats (8 measures)

1 – 8 Pretzel Turn ; ; ; Double Rock ; Throwaway ; Spanish Arms ~ 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, Wall ~ Rock Recover ; ; Point Line ;

QQSS 7 – 8 {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 {Rock Apart Recover} Rk bk L to SCP, rec R to SCP LOD ;
 S-- 9 {Point Line} 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 ; ; ;
Shoulder Shove, Handshake ~ Triple Wheel ; ; ; Basic Rock ~ Right Turning Fallaway ; ; ; Change
Right to Left ~ Change Left to Right ; ; ;

Part B [8 measures]

1 – 8 Pretzel Turn ; ; ; Double Rock ; Throwaway, BFLY ; Spanish Arms ~ Change Left to Right ; ; ;

Part A [16 measures]

1 – 16 Fallaway Throwaway ~ American Spin ; ; ; Change Left to Right ~ Change Hands Behind Back ; ; ;
Shoulder Shove, Handshake ~ Triple Wheel ; ; ; Basic Rock ~ Right Turning Fallaway ; ; ; Change
Right to Left ~ Change Left to Right ; ; ;

Part B [8 measures]

1 – 8 Pretzel Turn ; ; ; Double Rock ; Throwaway, BFLY ; Spanish Arms ~ Change Left to Right ; ; ;

Ending [9 measures]

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