

# O Mama Go Easy

**COPPER KNOB**  
ART OF MOVEMENT

**Count:** 32      **Wall:** 4      **Level:** Easy Beginner

**Choreographer:** Molly Yeoh (December 2017)

**Music:** Chris Cox & DJ Frankie - Oh Mama Hey (feat. Crystal Waters)



## #32 count intro - (No Tags - No Restart)

### WEAVE TO RIGHT, CHEST PUMP

1-2-3-4,                      Step R to right, L step behind R, R to R, L step beside R  
5-6-7-8                      Pump chest 4 times or push in out with elbow hands 4 times

### WEAVE TO LEFT, TWIST TO LEFT

1-2-3-4                      Left step left, R step behind L, L to L, R step beside R  
5-6-7-8                      Twist to left 4 times(LRLR) or twist 4 time on the spot

### RIGHT /LEFT/ RIGHT SHUFFLE FORWARD, STEP DOWN, BACK TAP, SNAP FINGERS

1&2 3&4                      Right shuffle fwd, L shuffle fwd,  
5&6 &78                      R shuffle fwd, L fwd step down@&, R tap behind L@7, snaps fingers@8

### BACKWARD SHUFFLE TWICE, ROCK, HITCH ¼ TURN

1&2, 3&4                      Right shuffle back, L shuffle back,  
5 -6-7-8                      R rock back recover on L, R rock back recover on L@8 ¼ Left turn with a hitch

**Try it you will love it. Thank you!**

**(Alternate dance to OH MAMA HEY-INTER DANCE)**

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