

Hey Mama

COPPERKNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: High Beginner



Chorégraphe: Alexandra Rattu (INA) - May 2025

Musique: Hey Mamá - Play-N-Skillz

I. WALK FORWARD, SWAY R L

- 1 2 3 4 Step Walk Forward, R, L, R, L
- 5 6 7 Step R to R Side, Weight on both Feet Sway Hip to R, Sway Hip to L
- 7 8 Sway Hip repeat as per 5 6

II. JAZZ BOX ¼ TURN, CHARLESTON STEP

- 1 2 3 4 RF Cross Over L, Step LF Back, Step RF ¼ Turn R, Step L Beside R
- 5 6 7 8 Step Touch RF Forward, Step RF Back, Touch LF Toe Backward, Step LF Close Beside RF

III. PIVOT ½, FORWARD SHUFFLE, PIVOT ½, FLICK, FORWARD SHUFFLE

- 1 2 Step RF Forward, ½ Turn L Step LF Inplace
- 3&4 Step RF Forward, Step LF Beside R, Step RF Forward
- 5 6 Step LF Forward, ½ Turn R LF Quick Kick Backward with pointed Toe & Flexed Knee, Step RF Inplace
- 7&8 Step LF Forward, Step RF Beside L, Step LF Forward

IV. V-STEP, R HIP BUMP, L HIP BUMP

- 1 2 Step RF to R Diagonal Forward, Step LF to L Side
- 3 4 Step RF Back to Centre, Step LF Beside RF
- 5&6 Touch R Toes bumping hips, Bump hips back, Step on RF
- 7&8 Touch L Toes bumping hips, Bump hips back, Step on LF

TAG END of WALLs : 1 & 5

SIDE MAMBO, JUMP OUT-IN

- 1&2 Step RF to R, Recover L
- 3&4 Step LF to L, Recover R
- 5-6 Jump out, Jump in

Happy Dancing All ♥☐

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