

Hey Mama!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Scott Blevins (USA) & Maren Oslac (USA) - September 2009
音樂: Say Hey (feat. Cherine Anderson) - Michael Franti & Spearhead



Intro: 24 counts. Start dance with lyrics.

Contra Line Dance with one 60-count TAG (tag will happen in the 3rd rotation on count 33).

(1-8)

- 1&2 1) Cross body rock L foot in front of R; &) Recover to R; 2) Step L foot to left side.
- 3&4 3) Cross body rock R foot in front of L; &) Recover to L; 4) Step R foot to R side.
- 5&6 5) Rock forward on L foot; &) Recover to R; 6) Step L foot back.
- 7&8 7) Rock back on R foot; &) Recover to L; 8) Step R foot next to L.

(9-16)

- 1&2 1) Step L foot across and in front of R; &) Turning $\frac{1}{4}$ to left, step back on R; 2) Turning $\frac{1}{4}$ to left, step L to left side.
- 3&4 3) Cross body rock R foot in front of L; &) Recover to L; 4) Step R foot to R side.
- 5&6 5) Step L foot across and in front of R; &) Turning $\frac{1}{4}$ to left, step back on R; 6) Turning $\frac{1}{4}$ to left, step L to left side.
- 7&8 7) Cross body rock R foot in front of L; &) Recover to L; 8) Step R foot to R side [facing 12 O'clock].

(17-24) Crossing lines on counts 1-4.

- 1&2 1) Step L foot across and in front of R; &) Step R foot forward and on a diagonal to right side rotating body to face slight diagonal left; 2) Step L foot next to R foot.
- 3&4 3) Step R foot across and in front of L; &) Step L foot forward and on a diagonal to left side rotating body to face slight diagonal right; 4) Step R foot next to L foot.
- 5&6 5) Step forward on L foot; &) Make a half turn left on L foot; 6) Touch R foot next to L foot [facing 6 O'clock].
- 7&8 7&8) Shuffle forward R-L-R.

(25-32) Crossing Lines on counts 5-7.

- a-1&2 a) Lift L knee and rotate a $\frac{1}{4}$ turn to right on R foot: 1&2) Shuffle forward L-R-L forward.
- a-3&4 a) Lift R knee and rotate $\frac{1}{2}$ turn to left on L foot: 3&4) Shuffle forward R-L-R.
- a-5&6 a) Lift L knee and rotate a $\frac{1}{4}$ turn to right on R foot: 5&6) Shuffle forward L-R-L forward [facing 6 O'clock].
- 7&8 7) Step forward on R foot; &) Pivot $\frac{1}{2}$ turn left, taking weight on L; 8) Step R foot to right side [facing 12 O'clock].

(33-40) Crossing Lines on counts 1-4.

- 1-a-2 1) Step L foot across and in front of R; a) Leaving L foot in place, rotate slightly to left, stepping ball of R foot to right side; 2) Return weight to L foot. (Samba move called "Bota Fogo")
- 3-a-4 3) Step R foot across and in front of L; a) Leaving R foot in place, rotate slightly to right, stepping ball of L foot to left side; 4) Return weight to R foot. ("Bota Fogo")
- 5 5) Step L foot across and in front of R; Over the next 3 beats of music you will be making a gradual $\frac{3}{4}$ turn to left, this is a Samba movement called "Volta".
- a6a7a8 a) Keeping thighs touching, step ball of R foot to right side making $\frac{1}{4}$ turn to left; 6) Step L foot across R foot; Repeat for a-7 – a-8 [facing 3 O'clock].

(41-48)

- 1&2 1) Rock fwd on R foot; &) Turning $\frac{1}{4}$ over right shoulder, recover to L foot; 2) Turning $\frac{1}{4}$ to right, step forward on R foot [facing 9 O'clock].
- 3&4 3) Rock fwd on L foot; &) Recover to R foot; 4) Step L foot next to R foot pushing hips back (weight on both feet).
- a-5&6 a) change weight to R; 5) Step fwd on L; &) Pivot $\frac{3}{4}$ turn right on R foot; 6) Point L to left side [facing 6 O'clock].
- 7-8 7-8) Keeping L toe on the floor bump hips to the left 2 times taking weight onto L foot on count 8.

(49-56) Crossing Lines on counts 1-4.

- a-1&2 a) Make a $\frac{1}{4}$ turn left; 1) Step R foot to right side; &) Step L foot behind R; 2) Make a $\frac{1}{4}$ turn right stepping forward on R foot.
- a-3&4 a) Make a $\frac{1}{4}$ turn right; 3) Step L foot to left side; &) Step R foot behind L; 4) Make a $\frac{1}{4}$ left stepping forward on L foot.
- 5&6 5) Turning $\frac{1}{2}$ left, step back on R foot; &) Turning $\frac{1}{2}$ left, step fwd on L foot; 6) Step forward on R [facing 6 O'clock].
- 7&8 7) Rock forward on L foot; &) Recover onto R foot; 8) Step back on L foot.

(57-64) Crossing Lines counts 1-4.

- 1&2& 1&2) Walk back R-L-R &) Kick L foot fwd.
- 3&4& 3&4) Walk back L-R-L &) Kick R foot fwd.
- 5-6 5) Step R foot to right side; 6) Step L foot to left side.
- a-7&8 a) Make a $\frac{1}{4}$ turn to right stepping forward on R foot; 7) Step forward on ball of L foot; &) Pivot $\frac{1}{2}$ turn right taking weight on R foot; 8) Make $\frac{1}{4}$ turn right pointing L foot to left side.

**TAG
(1-8)**

- 1&2 1&2) Shuffle forward L-R-L.
- 3&4 3) Step forward on R foot; &) Pivot $\frac{1}{2}$ turn over left shoulder taking weight on L foot; 4) Make a $\frac{1}{2}$ turn left stepping back on R foot.
- 5&6& 5&) Step back on L foot bumping hips two times; 6&) Step back on R foot bumping hips two times.
- 7&8 7&8) Coaster step L-R-L.

(9-16)

- 1&2 1&2) Shuffle forward R-L-R.
- 3&4 3) Step forward on L foot; &) Pivot $\frac{1}{2}$ turn over right shoulder taking weight on R foot; 4) Make a $\frac{1}{4}$ turn right stepping back on L foot [facing 9 O'clock].
- 5&6& 5&) Step back on R foot bumping hips two times; 6&) Step back on L foot bumping hips two times.
- 7&8 7&8) Coaster step R-L-R.

(17-24)

- 1&2 1&2) Shuffle forward L-R-L.
- 3&4 3) Step forward on R foot; &) Pivot $\frac{1}{2}$ turn over left shoulder taking weight on L foot; 4) Make a $\frac{1}{2}$ turn left stepping back on R foot [facing 9 O'clock].
- 5&6& 5&) Step back on L foot bumping hips two times; 6&) Step back on R foot bumping hips two times.
- 7&8 7&8) Coaster step L-R-L.

(25-32)

- 1&2 1&2) Shuffle forward R-L-R.
- 3&4 3) Step forward on L foot; &) Pivot $\frac{3}{4}$ turn over right shoulder taking weight on R foot; 4) Make a $\frac{1}{2}$ turn right stepping back on L foot [facing 12 O'clock].
- 5&6& 5&) Step back on R foot bumping hips two times; 6&) Step back on L foot bumping hips two times.

7&8& 7&) Step back on R foot bumping hips two times; 8&) Step back on L foot bumping hips two times.

(33-36)

1-2 1) Step forward and out to right side with R foot; 2) Step forward and out to left side with L foot.

3-4 3) Step back and out to right side with R foot; 4) Step back and out to left side with L foot.

(37-44) Crossing Lines on counts 5-8.

1&2 1&2) Coaster step R-L-R.

3&4 3&4) Shuffle forward L-R-L

5&6 5) Turning $\frac{1}{2}$ left, step back on R foot; &) Turning $\frac{1}{2}$ left, step fwd on L foot; 6) Step forward on R.

7&8 7&8) Shuffle forward L-R-L (prep for a $\frac{3}{4}$ turn to left on last step of shuffle).

(45-52) Crossing Lines on counts 1-5.

&1 &) Make a $\frac{3}{4}$ turn over left shoulder on L foot; 1) Take a large step to right on R foot pointing L to left [facing 3 O'clock].

2-4 &2-&3-&4) Hold position, moving L knee forward on the & counts and back on the number counts, bounce knee three times.

5 5) Step L foot across and in front of R foot.

6-8 &6-&7-&8) Hold position, moving L knee forward on the & counts and back on the number counts, bounce knee three times.

(53-60)

1-2 1) Step R foot in front of L foot; 2) Hold.

3-4 3) Step L foot in front of R foot; 4) Hold.

&5 &) Make $\frac{1}{4}$ turn left on L foot; 5) Take a large step to right on R foot [facing 12 O'clock].

6-8 6-7-8) Hold

NOTE: AFTER DANCING THE TAG, YOU WILL BE IN THE SAME LINE AS WHEN YOU STARTED BUT TWO SPACES TO YOUR RIGHT FROM YOUR ORIGINAL STARTING POSITION.

Start dance with about 4 feet between the dancers next to you and about 2 feet between Line 1 and Line 2.

Line 1 and Line 2 will be facing each other and each dancer positioned in the opening in the line across from them.

See diagram below:

Line 1 - A A A A A A

Line 2 - B B B B B B
