

Hey Mama!

Count: 32

Wall: 4

Level: Beginner

Choreographer: Trude Dalene (NOR) - September 2022

Music: Hey Mama - Erika Jonsson

STEP LOCK STEP FWD R, L

- 1-2. STEP R FWD, LOCK L BEHIND R
- 3-4. STEP R FWD, SCUFF L
- 5-6. STEP L FWD, LOCK R BEHIND L,
- 7-8. STEP L FWD, HOLD

ROCK RECOVER R, TURN 1/2 RIGHT, HIP BUMPS L,R

- 1-2. ROCK R FWD, RECOVER
- 3-4. TURN 1/2 RIGHT BY STEPPING R FWD, HOLD
- 5-6. STEP L TO SIDE AND BUMP HIPS TO LEFT AND CENTER, (WEIGHT ON L)
- 7-8. BUMP HIPS TO LEFT AND CENTER, (WEIGHT ON L)

HIPS BUMPS RIGHT, HEEL DIGS FWD

- 1-2. BUMP HIPS TO RIGHT AND CENTER (WEIGHT ON R)
- 3-4. BUMP HIPS TO RIGHT AND CENTER (WEIGHT ON R)
- &5-6 STEP L BESIDE R, R HEEL FWD, STEP R IN PLACE,
- 7-8 L HEEL FWD, STEP L BESIDE R

CROSS TOE STRUT, HEEL DIGS WITH HOOK AND FLICK

- 1-2. CROSS R TOE OVER L, STEP DOWN,
- 3-4. CROSS L TOE TO SIDE, STEP DOWN. (-NOW FACING DIAGONALLY TO 4.30)
- 5-6. DIG R HEEL FWD, HOOK R FOOT OVER L LEG
- 7-8. DIG R HEEL FWD, FLICK R FOOT BACK AND TURN 1/8 TO LEFT (FACING 3.00)

TAG:

**HAPPENDS WHEN SHE SINGS SIDE TO SIDE , HEEL TO TOE, CROSS YOUR LEG AND RODEO:
WHEN SHE COUNT DOWN: 5-6-7-8, DO THE HEEL DIGS AND START THE TAG:**

- 1-2 SLIDE L TO SIDE,
- 3-4 STEP R BESIDE, HOLD
- 5-6 DIG R HEEL FWD TWICE,
- 7-8. POINT R TOE BACK, HOLD
- 1-2 CROSS R TOE OVER L, HOLD
- 3-8. TURN 1/2 LEFT, BY BOUNCING YOUR HEELS THREE TIMES, LASSO WITH R HAND

REPEAT 3 MORE TIMES, AND START THE DANCE FROM TOP.

Last Update - 9 Sep 2022