Hey Momma



Count: 64 Wand: 4 Ebene: Phrased Improver

Choreograf/in: Gloria Stone (USA) - April 2013

Musik: Wagon Wheel - Darius Rucker: (Single)



Pattern: You start the dance with PART A (done twice at the beginning, then intermittently throughout the dance).

PART B is ALWAYS/ONLY done verses that start with "Rock Me Momma"

Start dance with the lyrics

PART A - 32 Counts FORWARD RUMBA BOX

Step Right to right, Step Left together, Step Right forward, Hold
 Step Left to left, Step Right together, Step Left back, Hold

COASTER STEP, ROCKING CHAIR

Step Right back, Step Left together, Step Right forward, Hold
Rock Left forward, Recover to Right, Rock Left back, Recover right

STEP, LOCK, STEP, HOLD, CHASE TURN

1-4 Step Left forward, Lock Right behind Left, Step Left forward, Hold

5-8 Step Right forward, ½ turn over left shoulder weight to Left, Step Right forward, Hold

MAMBO FORWARD, MAMBO BACK WITH TOUCH

1-4 Rock Left forward, Recover Right, Step Left together, Hold
5-8 Rock Right back, Recover Left, Touch Right home, Hold

PART B - 32 Counts

SCISSOR STEP. VINE LEFT WITH CROSS

1-4 Step Right to right, Step Left together, Cross Right over Left, Hold

5-8 Step Left to left, Cross Right behind Left, Step Left to left, Cross Right over Left

SCISSOR STEP, VINE RIGHT WITH CROSS

1-4 Step Left to left, Step Right together, Cross Left over Right, Hold

5-8 Step Right to right, Cross Left behind Right, Step Right to right, Cross Left over Right

STEP SCUFF X4 MAKING 3/4 TURN TO RIGHT

Step Right ¼ turn to right, Scuff Left foot, Step Left 1/6* turn to right, Scuff Right foot
 Step Right 1/6 turn to right, Scuff Left foot, Step Left 1/6 turn to right, Scuff Right foot

*Angles do not have to be exact. Just take three step/scuffs to make a ½ turn!

ROCKING CHAIR, JAZZ BOX

1-4 Rock Right forward, Recover to Left, Rock Right back, Recover to Left
 5-8 Cross Right over Left, Step Left back, Step Right to right, Step left together

HAVE FUN!!!

Step sheet provided by: Email – gstone@SneakersNSpurs.com

Last Revision - 29th April 2013