

# Hey Mama

COPPER KNOB  
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Hiroko Carlsson (AUS) - June 2017

Music: Hey Mamma - Sunstroke Project : (iTunes)



(Intro: 8 count /Start on Vocals)

## [S1] Cross, Back, 1/2R, 1/2Pivot, Cha-Cha-Fwd, Fwd (12:00)

1 2 Cross/step R over L, Step L back  
3 4 5 Turning 1/2R step R fwd, Step L fwd, Turn 1/2R weight on R  
6&7 8 Cha-cha-cha fwd LRL (6&7), Step R fwd (8)

## [S2] Cross, Back, 1/2L, 1/2Pivot, Cha-Cha-Fwd, 1/4R Side (3:00)

1 2 Cross/step L over R, Step R back  
3 4 5 Turning 1/2L step L fwd, Step R fwd, Turn 1/2L weight on L  
6&7 8 Cha-cha-cha fwd RLR (6&7), Turning 1/4R step L to left side (8)

## [S3] Rock Behind, &, Behind, Side, Behind, Side, 1/8R Rock Fwd (4:30)

1 2& Rock/step R behind L (1), Recover weight on L (2), Step R to right side (&)  
3 4 Step L behind R (slightly bend your knees for styling), Step R to right side  
5 6 Step L behind (slightly bend your knees for styling), Step R to right side  
7 8 Turning 1/8R rock/step L fwd, Recover weight on R (4:30)

## [S4] 1/2L Fwd, Step-Lock-Step, Rock Fwd, 1/2R Fwd, Rock Fwd, 1/4R Fwd (7:30)

1 2&3 Turning 1/2L step L fwd, Step R fwd, Lock/step L behind R, Step R fwd (10:30)  
4 5 6 Rock/step L fwd, Recover weight on R, Turning 1/2L step L fwd (4:30)  
7&8 Rock/step R fwd, Recover weight on L, Turning 1/4R step R fwd\* (7:30)

## [S5] 1/2R Pivot, 1/8R Side, R Sailor, Side, Touch Behind, 1/2L Unwind, Side Touch, & (9:00)

1 2 3 Step L fwd, Turn 1/2R weight on R, Turning 1/8R step L to left side  
4&5 Sweeping R around L and step L behind R, Step L next to R, Step R to right side  
6 7 Touch L toe behind R, Unwind 1/2L weight on L  
8& Touch R toe to right side weight on L, Step R next to L

## [S6] Side Point, &, Side Switches RL, Fwd Rock, R Coaster Step (9:00)

1 2& Point L toe to left side (1), Hold (2), Step L next to R (&)  
3&4& Point R toe to right side, Step R next to L, Point L toe to left side, Step L next to R  
5 6 Rock/step R fwd, Recover weight on L  
7&8 Step R back, Step L next to R, Step R fwd

## [S7] Side-Cha-Cha, 4x 1/4R Side-Cha-Cha (Hip motion for styling) (6:00)

1&2 Step L to left side, weight switch on R, Step L in place  
3&4 Turning 1/4R step R to right side, weight switch on L, Step R in place (12:00)  
5&6 Turning 1/4R step L to left side, weight switch on R, Step L in place (3:00)  
7&8 Turning 1/4R step R to right side, weight switch on L, Step R in place (6:00)

## [S8] 2x 1/2 Pivot, Fwd Rock, Back w/ Drag, Run Back RL (6:00)

1 2 Step L fwd, Turn 1/2R weight on R  
3 4 Step L fwd, Turn 1/2R weight on R  
5 6 Rock/step L fwd, Recover weight on R  
7 8& Step L back w/ R drag towards L, Step R back, Step L back

Restart: Wall 2 count 32 with step change\*

Wall 2 [S4] 1/2L Fwd, Step-Lock-Step, Rock Fwd, 1/2R Fwd, Rock Fwd, 1/8R Touch (12:00)

1 2&3            Turning 1/2L step L fwd, Step R fwd, Lock/step L behind R, Step R fwd (4:30)  
4 5 6            Rock/step L fwd, Recover weight on R, Turning 1/2L step L fwd (10:30)  
7&8            Rock/step R fwd, Recover weight on L, Turning 1/8R touch R next to L weight on L

**Please contact me if you have any inquiry. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))**

**(Updated: 31/5/17)**

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