

# Hey Mama Don't Stress Ur Mind

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Low Intermediate

Choreographer: Val Saari (CAN) - August 2018

Music: Mama (feat. William Singe) - Jonas Blue



## WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

- 1-2 Walk forward, RF, LF
- 3&4 Rock forward on RF, Recover LF, Step back on RF
- 5-6 Walk back, LF, RF
- 7&8 Rock back on LF, Recover RF, Step LF beside right

## RF CROSS ROCK, TURNING SHUFFLES (RLR,LRL), RF ROCK BACK

- 1-2 Rock RF over L, LF recover
- 3&4 Pivot 1/4 R and Shuffle forward RLR
- 5&6 Shuffle LRL turning 1/2 R
- 7-8 Rock RF back Recover LF

## CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)

- 1-2 RF Cross over L, LF Recover weight
- 3&4 Recover RF, Step LF in place, Step RF in place
- 5-6 LF Cross over R, RF Recover weight
- 7&8 Step LF left, Step RF beside L, Step LF 1/4 pivot L

## SIDE MAMBOS CHA CHA CHA X 2 (RL)

- 1-2 RF Rock side right, LF recover
- 3&4 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)
- 5-6 LF Rock side left, RF recover
- 7&8 Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

**REPEAT - No Tags, No Restarts**

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