

# Hey Mama!

**COPPER** **KNOB**  
BY STEPSHEETS

**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**