

# HEY Mama Don't stress Cha Cha

**COPPER** **KNOB**  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Val Saari (CAN) - October 2018

**Musique:** Mama (feat. William Singe) - Jonas Blue



## **R TOE TOUCHES, CROSS-ROCK BACK, L TOE TOUCHES, CROSS-ROCK BACK**

- 1-2 Touch RF toes forward twice
- 3&4 Cross-rock RF behind L, Recover LF, Step RF beside left
- 5-6 Touch LF toes forward twice
- 7&8 Cross-rock LF behind R, Recover RF, Step LF beside right

## **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 pivot 1/4 L, Step RF beside L, Step LF together

## **SIDE TOGETHER R (CHA CHA CHA), L SIDE TOGETHER/FWD (CHA CHA CHA)**

- 1-2 Step RF right, Step LF together
- 3&4 Step RF right, Step LF together, Step RF in place (cha, cha, cha)
- 5-6 Step LF left, Step RF together
- 7&8 Step LF forward, Step RF together, Step LF in place (Cha, Cha, cha)

## **RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK**

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

**REPEAT - No Tags, No Restarts**

**Email:** [valeriesaari@icloud.com](mailto:valeriesaari@icloud.com) - **Phone:** 1-905-246-5027