

Hei Madam

Compte: 32

Mur: 4

Niveau: Easy Improver

Chorégraphe: Dans & Moro (NOR), Hege Mari Berg (NOR) & Heidi Brenden (NOR) - April 2022

Musique: Hei Madam - Admiral P



[1 – 8]: Point, Point, right coaster step, point, point, left coaster step

1 - 4 Point RF fw (1), point RF to Right side(2), step RF back (3) Step LF together(&) Step RF fw(4)
5 - 8 Point LF fw(5) Point LF to Left side(6), Step LF back(7), Step LF together(&) step RF fw(8)

[9-16]: Cross point, cross point, Jazz box ¼ turn right

1- 4 Cross RF in front of LF (1), point RF to R side (2) Cross LF in front of RF (3) Point RF to R side (4)
5-8 Cross RF in front of LF (5) Step LF back (6) Step RF ¼ turn R (7) Step LF together (8)

Restart on wall 9 after 16 counts.

[17-24]: Mambo R, Mambo L, Mambo Fw & Back, Step Swivel

1&2 Step RF to R side (1) Recover on LF (&) Step RF together (2)
3&4 Step LF to L side (3) Recover on RF (&) Step LF together (4)
5&6& Step RF forward (5) Recover on LF (&) Step RF back (6) recover on LF (&)
7&8 Step RF fw (7) Swivel both heels to R side (&) Swivel back to center, weight on RF (8)

[25-32]: Pivot ½ turn right x 2, Rock step, coaster step

1-4 Step LF forward (1) ½ turn R weight ends on RF (2), Step LF forward (3) 1/2 turn R, weight ends on RF (4)
5,6 Step LF forward (5) Recover on RF (6)
7&8 Step LF back (7) Step RF together (&) Step LF forward (8)

Start again, have fun and make your own variations

Restart on wall 9 after 16 counts.

Last Update - 25 Sept.2022
