

Hey Mamama

COPPER **KNOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Colleen Archer (AUS) - July 2017
音乐: Hey Mamma - Sunstroke Project : (Album: Eurovision Song Contest 2017 Kyiv)



Intro: 8 counts (start on the word "Hey") SP: Weight on L
Rotation: ¼ CCW Date: 25/7/2017 "For Lilly"

MAMBO, MAMBO, SIDE, TOUCH, SIDE, TOUCH, SHUFFLE

1 & 2 Rock step R forward, Recover L, Step R beside L
3 & 4 Rock step L to left side, Recover R, Step L beside R
& 5 & 6 Step R to right side, Touch L beside R, Step L go left side, Touch R beside L
7 & 8 Step R to right side, Step L to left side, Step R to right side□(12)

FWD, SCUFF, HEEL, COASTER, ¼ PADDLE, ¼ PADDLE, ACROSS

1, 2 & Step L forward, Scuff R & raise L heel, Lower L heel
3 & 4 Step R back, Step L beside R, Step R forward
5, 6 Step L forward, Turn ¼ right taking weight R
& 7, 8 Step L forward, Turn ¼ right taking weight R, Step L across R□(6)

SIDE, TOUCH, SHUFFLE, COASTER, TOG, SIDE, TOG, SIDE

1, 2 Long step R to right side, Touch L beside R
3 & 4 Step L to left side, Step R beside L, Step L to left side
5 & 6 Step R back, Step L beside R, Step R forward
& 7 Step L beside R, Touch R toe to right side
& 8 Step R beside L, Touch L toe to left side□(6)

¼ TURN SAILOR, BEHIND, SIDE, FWD, ½ PIVOT, X-SAMBA

1 & 2 Step L behind R, Turn ¼ left and rock step R to right side, Recover L
3 & 4 #□Step R behind L, Step L to left side, Step R forward (add finish)
5, 6 Step L forward, Turn ½ right taking weight R
7 & 8 Step L across R, Rock step R to right side, Recover L□(9)

Begin dance again....

FINISH:□Wall 10 starting at 9 o'clock, dance first 28 counts #, now facing 12 o'clock.

5, 6 Rock step L forward, Recover R
7 & 8 Step L R L on spot.

*****□The music encourages you to use your hips, so please do!

Dance may be copied and distributed provided original steps remain unchanged.

Contact Email: colleen.archer@bigpond.com