

Hey mamma (Street Woman Fighter)

COPPER KNOB
BY STEPSHEETS

拍数: 32 墙数: 4 级数: High Improver
编舞者: Kim Kyung Jo (KOR), Kim Eun Ju (KOR), Lee Youn Ju (KOR) & Lim Hyun Mi (KOR) - November 2021
音乐: Hey Mama (feat. Nicki Minaj, Bebe Rexha & Afrojack) - David Guetta



Intro: 20 Count

Sec. 1 : Side step Hitch X 2, Body wave, Sailor Turn R 1/8, Scuff Hitch

1&2& side step RF, hitch LF, side step LF, hitch RF
3-4 toe touch diagonal RF with body wave (Look at the 12 o'clock) (1:30)
5&6 sailor Turn R 1/8 sweep RF from front to back step (3:00), step LF beside RF, step forward RF
7-8 scuff hitch LF, step LF beside RF

Sec. 2 : Slide back step X 3, Chest bounc X 3, Turn L 1/8, Turn L 1/4, Swivel X 2

1& diagonal back step RF with Bend knees, touch LF beside RF
(Look at the direction of 3 o'clock) (4:30)
2& diagonal back step LF with Bend knees, touch RF beside LF
(Look at the direction of 3 o'clock) (1:30)
3&4 diagonal back step RF with Bend knees at a time Bend shoulders forward and send your back to the back, move shoulders back and stretch chest forward, bend shoulders forward and send your back to the back
(Look at the direction of 3 o'clock) (4:30)
5&6 slide side step Turn L 1/8 RF with Bend knees (3:00), touch LF beside RF, side step turn L 1/4 LF (12:00)
7-8 both heels right, both heels left

Sec. 3 : Clap x 4, Knees twist x 4, Back step hitch X 2, Knees twist x 2

1&2& Clap four times with right hand up in front of chest.
3&4& Bend right knee and turn it outside, Bend right knee and turn it inside, Repeat.
5&6& back step RF, hitch LF, back step LF, hitch RF
7&8& out side step RF, out side step LF, Bend right knee and turn it outside, Bend right knee and turn it inside
(Restart - After 3,6 Wall)

Sec. 4 : Cross, side, Cross, Kick ball step, Heel bounc Turn L 1/4, Coaster

1&2 cross RF over LF, side step LF, cross RF over LF
3&4 forward kick LF, forward ball step LF, forward step RF
5&6 both heels up&down x3 Turn L 1/4 (9:00)
7&8 back step LF, back step RF beside LF, forward step LF

Restart : After 3, 6 Wall 16Count

TAG : After 8 Wall - Repeat Section 3,4

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