

# Hey Mamma AB

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Absolute Beginner  
编舞者: Suzi Beau (ENG) - March 2024  
音乐: Say Hey (I Love You) - Michael Franti & Spearhead



Intro: 24 Counts

**Section 1 Walk Walk run, run, run x 2 (making full turn right in a large circle) Wave hands above head on the walk walk**

1 2            Walk R, Walk L  
3&4           Run R,L, R  
5,6            Walk L, Walk R  
7&8            Run L, R, L

**Section 2 Touch replace, touch replace , V Step (with claps)**

1,2            Touch R toe forward, Bump hip forward, step R next to L  
3,4            Touch L toe forward, bump hip forward, step L next to R  
5 &6 &        Step R to R diagonal, clap, Step L to L diagonal clap (clap up)  
7 &8 &        Step back R clap, Close L to R clap (clap down)

**Section 3 Pivot ¼ x2 rolling hips, side together hip bumps**

1 2            Step forward on R, turn ¼ L rolling hips round from R to L  
3,4            Step forward on R, turn ¼ L rolling hips round from R to L  
5,6            Take a big step R to R side, close L to R  
7&8            Bump hips R, L, R

**Section 4 Side together, hip bumps, Rocking chair**

1 2            Take a big step L to L side, close R to L  
3 &4            Bump hips L,R, L

**1 Restart here on wall 7**

5 6            Rock forward on R , recover L  
7 8            Rock back on R, Recover L

(option to replace count 5-8 with right mambo forward, Left mambo back)

Have fun!