

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!