

# Hey Momma!

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Karen Katrea (SG)  
音乐: Hey Mama - Black Eyed Peas



## WALK AND SHIMMY 4X, ROCK-RECOVER AND STEP BACK, LEFT BACK ROCKING CHAIR

1-4      Walk right, left, right, left (shimmy shoulders forward and back throughout)

### Alternative

1&2&3&4&      Toe struts

5&6      Rock right forward, recover on left, long step right back dragging left

7&8&      Rock left to the back, recover on right, rock left forward, recover on right

## STEP ¼ LEFT, ROCK BACK RECOVER, RIGHT SIDE CHASSE, SIDE BOUNCES 4X, CROSS-UNWIND FULL LEFT TURN

1-2&      Step left to the side turning ¼ left, rock-step right back, recover weight on left

3-4&      Step right to the side, step left beside right, step right to the side

5-6      Step left to the side touching right to the side, step right to the side touching left to the side (shoulders pop left, right)

7-8      Step left to the side touching right to the side, step right to the side touching left to the side (shoulders pop left, right)

&1      Step left to the side, cross right over left and unwind a full left turn (weight on right)

## ROCK RECOVER, BEHIND SIDE CROSS, SWIVEL HEELS TURNING ¼ LEFT

2-3      Rock left to the side, recover on right

4&5      Cross left behind right, step right to the side, cross left over right

6-7      Step right to the side swiveling heels right, left

8&1      Swivel heels right, left turning ¼ left turn, swivel heels to right and kick left foot out

## LEFT KICK, ROCK BACK RECOVER, KICK OUT OUT, HIP ROLL FIGURE 8 ENDING WITH HITCH

2&      Rock left back, recover on right

3&4      Kick left out, step right to the side, step left to the side

5-6      Turn left hip to the left, turn right hip to the right

7-8& Turn left hip to the left, turn right hip to the right, turn left hip to the left (like a figure 8, ending with weight on left), hitch right knee

### Optional styling:

5-8      Go down and up while doing figure 8

## SLIDE-WALK BACK TWICE, RIGHT COASTAL STEP, STEP DOWN LEFT, ROCK-RECOVER, MODIFIED PADDLE FULL RIGHT TURN

1-2      Slide-step right back, slide-step left back

3&4&      Step right back, step left beside right, step right forward, step left behind right

5-6      Rock right forward, recover on left

7&8&      Turn ½ turn right stepping right forward, step left in place, turn ½ turn right stepping right forward, step left beside right

## DOROTHY STEPS TWICE, STEP BACK KICK LEFT, STEP BACK KICK RIGHT, RIGHT COASTAL AND STEP LEFT FORWARD

1-2&      Step right diagonally forward, step left behind, step right diagonally forward

3-4&      Step left diagonally forward, step right behind, step left diagonally forward

5&      Step right back, kick left forward

6&      Step left back, kick right forward

7&8&      Step right back, step left beside right, step right forward, step left forward

## REPEAT

### TAG

After wall 3

### WALK WALK, SCUFF STEP, TWIST AND BACK, KICK-BALL-TOUCH AND TOUCH, KNEE POP IN, KICK OUT

- 1-2 Walk right, left
- 3& Scuff right forward and step down
- 4& Twist  $\frac{1}{2}$  turn left, twist back  $\frac{1}{2}$  turn right
- 5& Kick right out, step right beside left
- 6& Touch left to the side, step left beside right
- 7&8&  $\frac{1}{4}$  left turn touching right to the side, bend right knee inwards, bend right knee outwards, kick right leg out turning  $\frac{1}{4}$  right (weight completely on left)

### FUNKY JAZZ BOX CROSS, ROCK-RECOVER DIAGONALLY KICK TWICE

- 1-4 Cross right over left, step left in place, step right to the side, cross left in front of right
  - 5&6 Rock right back, recover on left, touch right diagonally forward (bend backwards slightly)
  - 7&8 Rock right back, recover on left, touch right diagonally forward (bend backwards slightly)
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