

Hey Mama

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - June 2017
音樂: Hey Mamma - Sunstroke Project : (iTunes)



(Intro: 8 count /Start on Vocals)

[S1] Cross, Back, 1/2R, 1/2Pivot, Cha-Cha-Fwd, Fwd (12:00)

1 2 Cross/step R over L, Step L back
3 4 5 Turning 1/2R step R fwd, Step L fwd, Turn 1/2R weight on R
6&7 8 Cha-cha-cha fwd LRL (6&7), Step R fwd (8)

[S2] Cross, Back, 1/2L, 1/2Pivot, Cha-Cha-Fwd, 1/4R Side (3:00)

1 2 Cross/step L over R, Step R back
3 4 5 Turning 1/2L step L fwd, Step R fwd, Turn 1/2L weight on L
6&7 8 Cha-cha-cha fwd RLR (6&7), Turning 1/4R step L to left side (8)

[S3] Rock Behind, &, Behind, Side, Behind, Side, 1/8R Rock Fwd (4:30)

1 2& Rock/step R behind L (1), Recover weight on L (2), Step R to right side (&)
3 4 Step L behind R (slightly bend your knees for styling), Step R to right side
5 6 Step L behind (slightly bend your knees for styling), Step R to right side
7 8 Turning 1/8R rock/step L fwd, Recover weight on R (4:30)

[S4] 1/2L Fwd, Step-Lock-Step, Rock Fwd, 1/2R Fwd, Rock Fwd, 1/4R Fwd (7:30)

1 2&3 Turning 1/2L step L fwd, Step R fwd, Lock/step L behind R, Step R fwd (10:30)
4 5 6 Rock/step L fwd, Recover weight on R, Turning 1/2L step L fwd (4:30)
7&8 Rock/step R fwd, Recover weight on L, Turning 1/4R step R fwd* (7:30)

[S5] 1/2R Pivot, 1/8R Side, R Sailor, Side, Touch Behind, 1/2L Unwind, Side Touch, & (9:00)

1 2 3 Step L fwd, Turn 1/2R weight on R, Turning 1/8R step L to left side
4&5 Sweeping R around L and step L behind R, Step L next to R, Step R to right side
6 7 Touch L toe behind R, Unwind 1/2L weight on L
8& Touch R toe to right side weight on L, Step R next to L

[S6] Side Point, &, Side Switches RL, Fwd Rock, R Coaster Step (9:00)

1 2& Point L toe to left side (1), Hold (2), Step L next to R (&)
3&4& Point R toe to right side, Step R next to L, Point L toe to left side, Step L next to R
5 6 Rock/step R fwd, Recover weight on L
7&8 Step R back, Step L next to R, Step R fwd

[S7] Side-Cha-Cha, 4x 1/4R Side-Cha-Cha (Hip motion for styling) (6:00)

1&2 Step L to left side, weight switch on R, Step L in place
3&4 Turning 1/4R step R to right side, weight switch on L, Step R in place (12:00)
5&6 Turning 1/4R step L to left side, weight switch on R, Step L in place (3:00)
7&8 Turning 1/4R step R to right side, weight switch on L, Step R in place (6:00)

[S8] 2x 1/2 Pivot, Fwd Rock, Back w/Drag, Run Back RL (6:00)

1 2 Step L fwd, Turn 1/2R weight on R
3 4 Step L fwd, Turn 1/2R weight on R
5 6 Rock/step L fwd, Recover weight on R
7 8& Step L back w/ R drag towards L, Step R back, Step L back

Restart: Wall 2 count 32 with step change*

Wall 2 [S4] 1/2L Fwd, Step-Lock-Step, Rock Fwd, 1/2R Fwd, Rock Fwd, 1/8R Touch (12:00)

1 2&3 Turning 1/2L step L fwd, Step R fwd, Lock/step L behind R, Step R fwd (4:30)
4 5 6 Rock/step L fwd, Recover weight on R, Turning 1/2L step L fwd (10:30)
7&8 Rock/step R fwd, Recover weight on L, Turning 1/8R touch R next to L weight on L

Please contact me if you have any inquiry. (hirokoclinedancing@gmail.com)

(Updated: 31/5/17)
