

# Hey Mama!

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Trude Dalene (NOR) - September 2022  
音樂: Hey Mama - Erika Jonsson



## STEP LOCK STEP FWD R, L

- 1-2.            STEP R FWD, LOCK L BEHIND R
- 3-4.            STEP R FWD, SCUFF L
- 5-6.            STEP L FWD, LOCK R BEHIND L,
- 7-8.            STEP L FWD, HOLD

## ROCK RECOVER R, TURN 1/2 RIGHT, HIP BUMPS L,R

- 1-2.            ROCK R FWD, RECOVER
- 3-4.            TURN 1/2 RIGHT BY STEPPING R FWD, HOLD
- 5-6.            STEP L TO SIDE AND BUMP HIPS TO LEFT AND CENTER, (WEIGHT ON L)
- 7-8.            BUMP HIPS TO LEFT AND CENTER, (WEIGHT ON L)

## HIPS BUMPS RIGHT, HEEL DIGS FWD

- 1-2.            BUMP HIPS TO RIGHT AND CENTER ( WEIGHT ON R)
- 3-4.            BUMP HIPS TO RIGHT AND CENTER ( WEIGHT ON R)
- &5-6            STEP L BESIDE R, R HEEL FWD, STEP R IN PLACE,
- 7-8            L HEEL FWD, STEP L BESIDE R

## CROSS TOE STRUT, HEEL DIGS WITH HOOK AND FLICK

- 1-2.            CROSS R TOE OVER L, STEP DOWN,
- 3-4.            CROSS L TOE TO SIDE, STEP DOWN. (-NOW FACING DIAGONALLY TO 4.30)
- 5-6.            DIG R HEEL FWD, HOOK R FOOT OVER L LEG
- 7-8.            DIG R HEEL FWD, FLICK R FOOT BACK AND TURN 1/8 TO LEFT (FACING 3.00)

## TAG:

**HAPPENDS WHEN SHE SINGS SIDE TO SIDE , HEEL TO TOE, CROSS YOUR LEG AND RODEO:  
WHEN SHE COUNT DOWN: 5-6-7-8, DO THE HEEL DIGS AND START THE TAG:**

- 1-2            SLIDE L TO SIDE,
- 3-4            STEP R BESIDE, HOLD
- 5-6            DIG R HEEL FWD TWICE,
- 7-8.            POINT R TOE BACK, HOLD
- 1-2            CROSS R TOE OVER L, HOLD
- 3-8.            TURN 1/2 LEFT, BY BOUNCING YOUR HEELS THREE TIMES, LASSO WITH R HAND

**REPEAT 3 MORE TIMES, AND START THE DANCE FROM TOP.**

**Last Update - 9 Sep 2022**