

Heya-Mama

拍數: 64 牆數: 4 級數: Improver
編舞者: Imam Wahyudi (INA) - April 2023
音樂: The Spirit of the Hawk - Rednex : (Album: Farm Out)



Intro 32 counts

Restart on wall 2 after 32 counts facing (3:00)

SEC.I-FWD ROCK STEP, CHASSE 1/4 TURN RIGHT, CROSS, 3/4 TURN LEFT & SHUFFLE FWD

- 1- Step RF fwd
- 2- Recover on LF
- 3- Turn 1/4 turn Right step RF to Right side
- &- Close LF beside RF
- 4- Step RF to Right side
- 5- Close LF over RF
- 6- Make a 1/4 turn Left stepping RF back
- 7- Make a 1/2 turn Left stepping LF fwd with hinge
- &- Step RF next to LF
- 8- Step LF fwd

SEC.II-FWD ROCK STEP, STEP 1/2 TURN RIGHT, RECOVER, BACK ROCK, KICK-BALL-CROSS

- 1- Step RF fwd
- 2- Recover on LF
- 3- Step 1/2 turn Right stepping RF fwd
- 4- Recover on LF
- 5- Step RF back
- 6- Recover on LF
- 7- Kick RF fwd
- &- Step RF next to LF (ball)
- 8- Cross LF over RF (weight on LF)

SEC.III-TURN 1/2 TURN LEFT, FWD CROSS ROCK, 1/2 TURN RIGHT, BACK CROSS ROCK

- 1- Step RF back 1/4 turn Left,
- 2- Step 1/4 turn Left step LF to Left side
- 3- Step RF fwd & cross
- 4- Recover on LF
- 5- Step 1/4 turn Right stepping RF fwd
- 6- Turn 1/4 turn Right step LF to Left side
- 7- Step RF back & cross
- 8 = Recover on LF

SEC.IV-POINT-BALL-CROSS 2X, SIDE ROCK, BEHIND-SIDE-TOUCH

- 1- Point RF toe fwd Right diagonal
- &- Step RF back slightly behind LF (ball)
- 2- Cross LF over RF
- 3- Point RF toe fwd Right diagonal
- &- Step RF back slightly behind LF (ball)
- 4- Cross LF over RF
- 5- Step RF to Right side
- 6- Recover on LF
- 7- Cross RF behind LF

- &- Step LF to Left side
- 8- Touch RF toe beside LF

***Restart here on wall 2 facing (3:00)**

SEC.V-STEP OF A FIGURA 8 VINE TO RIGHT

- 1- Step RF to Right side
- 2- Cross LF behind RF
- 3- Step 1/4 turn Right stepping RF fwd
- 4- Step LF fwd
- 5- Pivot 1/2 turn Right transferring weight on RF
- 6- Turn 1/4 turn Right step LF to Left side
- 7- Cross RF behind LF
- 8- Step 1/4 turn Left stepping LF fwd

SEC.VI-RIGHT CHASSE, BACK ROCK, LEFT CHASSE, BACK ROCK

- 1- Step RF to Right side
- &- Close LF beside RF
- 2- Step RF to Right side
- 3- Step LF back
- 4- Recover on RF
- 5- Step LF to Left side
- &- Close RF beside LF
- 6- Step LF to Left side
- 7- Step RF back
- 8- Recover on LF

SEC.VII-FULL TURN LEFT (ROLLING FWD), FWD SHUFFLE, ROCK STEP, COASTER STEP

- 1- Make a 1/2 turn Left stepping RF back
- 2- Make a 1/2 turn Left stepping LF fwd
- 3- Step RF fwd
- &- Step LF next to RF
- 4- Step RF fwd
- 5- Step LF fwd
- 6- Recover on RF
- 7- Step LF back
- &- Step RF next to LF
- 8- Step LF fwd

SEC.VIII-PIVOT 1/2 TURN LEFT, FWD SHUFFLE, FULL TURN RIGHT FWD, SHUFFLE FWD

- 1- Step RF fwd
- 2- Pivot 1/2 turn Left
- 3- Step RF fwd
- &- Step LF next to RF
- 4- Step RF fwd
- 5- Make a 1/2 turn Right stepping LF back
- 6- Make a 1/2 turn Right stepping RF fwd
- 7- Step LF fwd
- &- Step RF next to LF
- 8- Step LF fwd

Enjoy & have fun!

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