

Hey Mama

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karen Katrea (SG)
音樂: Hey Mama (Radio Edit) - Black Eyed Peas



Intro/count in: 32 counts, right after you hear 'REWIND'

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)
- 5-6 Rock right forward, recover on left, long step right back dragging left along
- 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 LEFT FULL 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 in place touching left to the side (shoulders pop left, right)
- 7-8 Step left in place touching right to the side, step right in place 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 and unwind a full left turn (weight ending on right)

ROCK RECOVER, BEHIND SIDE CROSS, SWIVEL HEELS TURNING ¼ LEFT WITH KICK

- 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, right and turn ¼ left kicking left foot out

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

- 2 Rock left back, recover on right
- 3-4 Kick left out, step left to the side, step right 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) (weight on left now), hitch right knee

Counts 5-8 optional styling: go down and up while doing figure 8

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

- 1-2 Walk right, left
- 3 Scuff right forward and step down
- 4 Twist ½ turn, twist back ½ turn right
- 5 Kick right out, step right beside left
- 6 Touch left to the side, step left beside right
- 7-8 ¼ left turn touching right to the side, bend right knee inwards, bend right knee outwards, kick right out turning ¼ right (weight completely on left)

FUNKY JAZZ BOX CROSS, ROCK-RECOVER DIAGONALLY TOUCH FORWARD 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)

SLIDE-WALK BACK TWICE, RIGHT COASTER 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 COASTER AND STEP LEFT FORWARD

- 1-2 Step right diagonally forward, lock left behind, step right diagonally forward
- 3-4 Step left diagonally forward, lock 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

RESTART

On the 5th wall, do the dance until count 16, (that means ending with a left step to the side). After that, restart from the beginning (you will be facing 9:00)
