

Hey Momma!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karen Katrea (SG)
音樂: 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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