

Mama Say Heya

拍數: 64 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - January 2012
音樂: Heyamama - DJ Bobo : (Album: Magic 1998)



32 count intro (15 Sec)

Sec 1: [1-8] Jump both Heels Apart, Hold, & Cross, Hold, Side Rock, Recover, Sailor ¼ R.

- &1-2 Jump both feet apart on Heels (&1), Hold. (12:00)
- &3-4 Step both feet back in place, cross Lf over Rf, Hold.
- 5-6 Rock Rf to the right, recover on Lf.
- 7&8 Step Rf behind Lf, turn ¼ right (3) step Lf to the left, step Rf to the right weight onto Rf.

Sec 2: [9-16] Fwd Rock, Recover, ¾ Triple L, Cross, Back, ¼ R, Side, Step.

- 1-2 Rock Lf forward, recover on Rf.
- 3&4 Triple ¾ left (6) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf
- 5-6 Cross Rf over Lf, step Lf back.
- 7-8 Turn ¼ right (9) step Rf to the right, step Lf forward weight onto Lf.

Sec 3: [17-24] Step, ½ L, Hitch L, Replace, Hitch R, Fwd Rock, Recover, ¼ R, Side Rock, Recover.

- 1-2 Step Rf forward, turn ½ left (3) hitch L knee up.
- 3-4 Step Lf back in place, hitch R knee up.
- 5-6 Rock Rf forward, recover on Lf.
- 7-8 Turn ¼ right (6) rock Rf to the right, recover on Lf.

Sec 4: [25-32] Out, Out, Swivet, Fwd Rock, Recover, ¼ R, Side, Together.

- 1-2 Step Rf out to right, step Lf out to left. (6:00)
- 3-4 Weight on R toe and L heel twist both feet so toes are pointing left, recover to centre ending weight onto Lf.
- 5-6 Rock Rf forward, recover on Lf.
- 7-8 Turn ¼ right (9) step Rf to the right, step Lf next to Rf taking weight onto Lf.

Sec 5: [33-40] Steps, Heel Swivels R-L-R-L.

- 1&2 Step Rf forward, with R toes on the floor swivel R heel out, swivel R heel in weight onto Rf. (9:00)
- 3&4 Step Lf forward, with L toes on the floor swivel L heel out, swivel L heel in weight onto Lf.
- 5&6 Step Rf forward, with R toes on the floor swivel R heel out, swivel R heel in weight onto Rf.
- 7&8 Step Lf forward, with L toes on the floor swivel L heel out, swivel L heel in weight onto Lf.

Sec 6: [41-48] Rock Fwd R, Recover, Turn ¼ R, Side, Rock Fwd L, Recover, Touch Back, Unwind ½ L, ¼ Pivot L.

- 1-2 Rock Rf forward, recover on Lf. (9:00)
- &3-4 Turn ¼ right (12) step Rf slightly to right, rock Lf forward, recover on Rf.
- 5-6 Touch Lf back, unwind ½ left (6) taking weight onto Lf.
- 7-8 Step Rf forward, turn ¼ left (3) taking weight onto Lf.

Sec 7: [49-56] Dorothy Step, Dorothy Step ¼ L, ½ Pivot L, Walks Fwd R-L.

- 1,2& Step Rf diagonal forward, lock Lf behind Rf, step Rf diagonal forward.
- 3,4& Turn ¼ left (12) step Lf diagonal forward, lock Rf behind Lf, step Lf diagonal forward.
- 5-6 Step Rf forward, turn ½ left (6) taking weight onto Lf.
- 7-8 Walk Rf forward, walk Lf forward.

Sec 8: [57-64] Heel Grind, Heel Grind, Fwd Rock, Recover, ¼ R, Side Rock, Recover.

- 1-2 Heel grind with Rf (toes from left to right), step Rf back in place.
- 3-4 Heel grind with Rf (toes from right to left), step Lf back in place.
- 5-6 Rock Rf forward, recover on Lf.
- 7-8 Turn ¼ right (9) rock Rf to the right, recover on Lf.

Start again and have fun!
