

STEP ON THE GOOD FOOT

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Count: 32

Wall: 2

Level: beginner/intermediate hip hop

Choreographer: Matthew Oakley

Music: Hey Mama by The Black Eyed Peas

2 WALKS, SCUFF & HEEL, SIDE STEP, HOLD, & CROSS

- 1 Step left foot forward
- 2 Step right foot forward
- 3 Scuff left foot forward
- & Step left foot down
- 4 Touch right heel forward
- 5 Step right foot to right side
- 6 Touch left foot to right foot
- 7 Hold position
- & Step weight down onto left foot
- 8 Cross right foot over left foot

2 WALKS TURNING $\frac{1}{4}$ LEFT, FORWARD MAMBO STEP, FORWARD STEP TURNING $\frac{1}{2}$ RIGHT, STEP TOGETHER, RIGHT SAILOR STEP

- 1 Step left foot forward, turning $\frac{1}{8}$ left
- 2 Step right foot forward, turning $\frac{1}{8}$ left
- 3 Rock forward on left foot
- & Transfer weight to right foot
- 4 Step back on left foot
- 5 Turn $\frac{1}{4}$ right and step right foot to right
- 6 Step left foot next to right foot
- 7 Cross right foot behind left foot
- & Step left foot to left side
- 8 Step right foot to right side

TOUCH BEHIND, TOUCH SIDE TWICE, LEFT SAILOR STEP, $\frac{1}{2}$ SWITCH TURN

- 1 Touch left foot behind right foot
- 2 Touch left foot to left side
- 3 Touch left foot behind right foot
- 4 Touch left foot to left side
- 5 Step left foot behind right foot
- & Step right foot to right side turning $\frac{1}{4}$ left
- 6 Step left foot forward
- 7 Step right foot forward
- 8 Turn $\frac{1}{2}$ turn left, transferring weight to left foot

STEP FORWARD, SMALL JUMP, SIDE TOUCHES, NOD X3, STEP TOGETHER

- 1 Step right foot forward
- 2 Jump forward slightly with both feet bringing feet together, end weight on left foot
- 3 Touch right foot to right side
- & Step right foot next to left foot
- 4 Touch left foot to left side
- 5-6-7 Nod head 3 times transferring weight to left foot
- 8 Step right foot next to left foot

REPEAT