

# Hey Mama!

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Trude Dalene (NOR) - September 2022

**Music:** - Erika Jonsson

## STEP LOCK STEP FWD R, L

1-2.STEP R FWD, LOCK L BEHIND R

3-4.STEP R FWD, SCUFF L

5-6.STEP L FWD, LOCK R BEHIND L,

7-8.STEP L FWD, HOLD

## ROCK RECOVER R, TURN 1/2 RIGHT, HIP BUMBS L,R

1-2.ROCK R FWD, RECOVER

3-4.TURN 1/2 RIGHT BY STEPPING R FWD, STEP L TO LEFT SIDE

5-6.BUMP HIPS TO LEFT AND CENTER, (WEIGHT ON L)

7-8.BUMP HIPS TO LEFT AND CENTER, (WEIGHT ON L)

## HIPS BUMPS RIGHT, HEEL DIGS FWD

1-2.BUMP HIPS TO RIGHT AND CENTER ( WEIGTH ON R)

3-4.BUMP HIPS TO RIGHT AND CENTER ( WEIGTH ON R)

&5-6STEP L BESIDE R, R HEEL FWD, STEP R IN PLACE,

7-8L HEEL FWD, STEP L BESIDE R

## CROSS TOE STRUT, HEEL DIGS WITH HOOK AND FLICK

1-2.CROSS R TOE OVER L, STEP DOWN,

3-4.CROSS L TOE TO SIDE, STEP DOWN. (-NOW FACING DIAGONALLY TO 4.30)

5-6.DIG R HEEL FWD, HOOK R FOOT OVER L LEG

**7-8.DIG R HEEL FWD, FLICK R FOOT BACK AND TURN 1/8 TO LEFT (FACING 3.00)**

**TAG:**

**HAPPENDS WHEN SHE SINGS SIDE TO SIDE , HEEL TO TOE, CROSS YOUR LEG AND RODEO:**

**WHEN SHE COUNT DOWN: 5-6-7-8, DO THE HEEL DIGS AND START THE TAG:**

**1-2SLIDE L TO SIDE,**

**3-4STEP R BESIDE, HOLD**

**5-6DIG R HEEL FWD TWICE,**

**7-8.POINT R TOE BACK, HOLD**

**1-2CROSS R TOE OVER L, HOLD**

**3-8.TURN 1/2 LEFT, BY BOUNCING YOUR HEELS THREE TIMES, LASSO WITH R HAND**

**REPEAT 3 MORE TIMES, AND START THE DANCE FROM TOP.**