

# Hey Mama

LINEDANCE.COM

**Count:** 32                      **Wall:** 2                      **Level:** Easy Beginner

**Choreographer:** Mike Parkinson (Llandudno) 7th January 2018

**Music:** Mama by Jonas Blue - 104 bpm - 3 Minutes 2 Seconds

## **Intro - 16 Counts - 9 Seconds - (No Tags, No Restarts)**

**Choreographed For My New Beginners Class, Penrhyn Bay , 9th Jan 2018**

### **SECTION 1: RIGHT SIDE, LEFT TOGETHER RIGHT CASSE**

**1, 2, 3&4**                      Step Right to Right Side, Step Left Besides Right, Right Side - Left Together - Right Side

### **LEFT CROSS ROCK, RECOVER, LEFT CHASSE**

**5, 6, 7&8**                      Cross Rock Left Over Right, Recover Weight on Left, Left Side Step - Right Together - Left Side Step

### **SECTION 2: LEFT WEAVE, RIGHT CROSS ROCK, RIGHT CHASSE ¼ TURN RIGHT**

**1,2,3,4,5,6,7&8**              Step Right Over Left, Left Side Step, Step Right Behind Left, Left Side Step, Cross Rock Right Over Left, Recover Weight On to Left, Right Side Step - Left Together - Right Side Step ¼ Right (3 O'clock)

### **SECTION 3: LEFT ROCKING CHAIR, LEFT FORWARD, PIVOT ¼ RIGHT, CROSS STEP CROSS**

**1,2,3,4,5,6,7&8**              Rock Forward Left, Recover Weight Back on Left, Rock Back on Left, Recover Weight Forward On Right, Step Left Forward, Pivot ¼ Turn Right (weight on Right 6 O'clock)  
Cross Step Right Over Left, - Step Right Side Step - Cross Step Left Over Right

### **SECTION 4: RIGHT LINDY STEP, LEFT SIDE STEP, TOUCH RIGHT TOGETHER, RIGHT KICKBALL CHANGE**

**1&2,3,4,5,6,7&8**              Right Side Step - Left Together - Right Side Step, Left Rock Diagonal Back Slightly Behind Right, Recover Weight Forward on Right, Step Left Side Step, Touch Right Besides Left, Right Low Kick Forward - Step on Ball Of Right Besides Left - Changing Weight on to Left

### **RESTART**

**Contact: [mikeparkinson253@gmail.com](mailto:mikeparkinson253@gmail.com)**

**Last Update - 16th Jan. 2018**

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