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E-mail: admin@linedancermagazine.com

Hey Mama!

64 count, 2 wall, intermediate level

Choreographer: Karen Katrea (Singapore)

March 2004

Choreographed to: Hey Mama (Radio Edit) by Black Eyed Peas, Elephunk

Intro/Count In: 32 counts, right after 'REWIND'

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: Toe struts (1&2&3&4&)

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 1/4 left, rock back recover, right side chasse, side bounces 4x, cross-unwind full left turn:

1 - 2& Step left to the side turning 1/4 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 1/4 left with kick

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 swivelling heels right, left

8&1 Swivel heels right, left, right and turn 1/4 left kicking left foot out

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 left to the side, step right to the side

5 - 6

Turn left hip anticlockwise, turn right hip clockwise

7 "C 8& Turn left hip anticlockwise, turn right hip clockwise, turn left hip anticlockwise (like a figure 8)

weight on left now, hitch right knee

Counts 5 - 8 optional styling: Go down and up while doing figure 8

Walk walk, scuff step, twist left and back, kick-ball-touch and 1/4 left touch, knee pop in, 1/4 right kick out:

1 - 2 Walk right, left

3& Scuff right forward and step down

4& Twist slightly to the left, twist back to the right

5& Kick right out, step right beside left,

6& Touch left to the side, step left beside right

7&8& 1/4 left turn touching right to the side, bend right knee inwards, bend right knee outwards, kick right leg out turning 1/4 right (weight completely on left)

Funky jazz box cross, rock-recover diagonally touch x2

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)

Slide-walk back x2, right coaster 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 1/2 turn right stepping right forward, step left in place, turn 1/2 turn right stepping right forward, step left beside right

Dorothy steps x2, step back kick left, step back kick right, right coaster 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

RESTART: On the 5th wall, do the dance until count 16& (that means ending with a left step to the side). After that, restart from the beginning (you will be facing the 9 o' clock wall.)

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 501235 Fax: +44 (0)1704 501678