

Hey Mama!

64 Count, 4 Wall, Improver

Choreographer: Daniel Whittaker (UK) Jan 2015

Choreographed to: Hey Mama by David Guetta Feat: Nicki Minaj & Afrojack (3:12 - iTunes)

START: 32 count intro, start on main vocals which is approx 11 seconds into the music!

1-8 Step out left, right, heel splits, right kick, left kick

- 1-2 Step left foot slightly forward left diagonal, step right out to right diagonal (shoulder width apart)
- 3-4 Push heels out, return heels to centre (heel splits)
- 5-6 Kick right foot forward to right diagonal, step right in place
- 7-8 Kick left foot forward to left diagonal, step left foot beside right

9-16 Cross rock, side rock, behind side ¼ turn

- 1-4 Rock right over left, recover weight on to left, rock right to right side, recover weight on left
- 5-6 Step right behind left, make ¼ turn left stepping left foot forward 09:00
- 7-8 Step right foot forward, hold

17-24 Step ½ turn step, full turn step, right side hold

- 1-4 Step left foot forward, make ½ turn right, step left foot forward, hold 03:00
- 5-6 Make ½ turn left stepping back on right, make a further ½ turn left stepping left foot forward 03:00
- 7-8 Step right to right side, hold

25-32 Behind side cross, hold, scissor step, hold

- 1-4 Step left behind right, step right to right side, cross left over right, hold
- 5-8 Rock right to right side, recover weight on to left, step right over left, hold

**** Restart here wall 3, 6 and 9 ****

33-40 ½ turn step, touch out, in, out, in

- 1-2 Make ¼ turn right stepping left back, make further ¼ turn right stepping right to right side 09:00
- 3-4 Cross left over right, hold
- 5-8 Touch right toe out, in, out, in

41-48 Right lock step, left lock step

- 1-3 Step right to right diagonal, lock left behind right, step right to right diagonal 10:00
- 4-6 Step left to left diagonal, lock right behind left, step left to left diagonal 08:00
- 7-8 Step right to right diagonal, hold 10:00

49-56 Rocking chair, Walk left, right as turning ½ turn

- 1-4 Rock left forward to right diagonal, recover weight on right, rock left foot back, recover weight on right
 - 5-6 Left heel strut forward and start turning right facing 12:00
 - 7-8 Right heel strut forward and start turning right facing 03:00
- (You have basically done ½ turn arc walking left & right) 03:00**

57-64 Side step left x 2, side step right x 2

- 1-4 Step left to left side, close right to left, step left to left side touch right to left 03:00
- 5-8 Step right to right side, close left to right, step right to right side touch left to right 03:00

RESTARTS: 32 counts into walls 3, 6 and 9

(which means you will be doing the Restarts on 9:00 wall then 6:00 wall and finally 3:00 wall)

NOTE: This music is funky with a heavy consistent beat, to get the full feel of the music

please turn up your volume have fun and enjoy the dance – see you on the dance floor!