



Hey Mama!

Choreographed by **Scott Blevins & Maren Oslac**

Description: 64 count, intermediate contra dance
Music: **Say Hey (I Love You)** by Michael Franti & Spearhead

Position: Start dance w/about 4 feet between the dancers next to you and about 2 feet between Line 1 and Line 2. Line 1 and Line 2 will be facing each other and each dancer positioned in the opening in the line across from them.

CROSS-ROCKS, FORWARD AND BACK MAMBO STEPS

1&2 Cross/rock left over right, recover to right, step left to side
3&4 Cross/rock right over left, recover to left, step right to side
5&6 Rock left forward, recover to right, step left back
7&8 Rock right back, recover to left, step right together

ROLL ½ LEFT, CROSS-ROCK, ROLL ½ LEFT, CROSS-ROCK

1&2 Cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side
3&4 Cross/rock right over left, recover to left, step right to side
5&6 Cross left over right, turn ¼ left and step right back, turn ¼ left and step left to side
7&8 Cross/rock right over left, recover to left, step right to side (12:00)

NOT A DIAGONAL SCISSORS MOVING FORWARD, STEP TURN, SHUFFLE FORWARD

(Crossing lines on counts 1-4)

1&2 Cross left over right, step right diagonally forward (rotate body to face slight diagonal left), step left together
3&4 Cross right over left, step left diagonally forward (rotate body to face slight diagonal right), step right together
5-6 Step left forward, turn ½ left and touch right together (6:00)
7&8 Shuffle forward right, left, right

TURN AND SHUFFLES, STEP-TURN-SIDE

(Crossing lines on counts 5-7)

1&2 Turn ¼ right and shuffle forward left, right, left (hitch left knee on the ¼ turn)
3&4 Turn ½ left and shuffle forward right, left, right (hitch right knee on the ½ turn)
5&6 Turn ¼ right and shuffle forward left, right, left (hitch left knee on the ¼ turn) (6:00)
7&8 Step right forward, turn ½ left (weight to left), step right to side (12:00)
(Tag goes here on wall 3)

CROSS-BALL-CHANGES, ¾ TURNING VOLTA

(Crossing lines on counts 1-4)

1a2 Cross left over right, rotate slightly left and rock right to side, recover to left
3a4 Cross right over left, rotate slightly right and rock left to side, recover to right
5 Cross left over right
Over the next 3 beats of music you will be making a gradual ¾ turn left
a6 Step right to side (keep thighs together), turn ¼ left and cross left over right
a7a8 Repeat a6 two more times (3:00)

ROCK TURN, MAMBO FORWARD, ¾ TURN, BUMPS

1&2 Step right forward, turn ¼ right and step left back, turn ¼ right and step right forward (9:00)
3&4 Rock left forward, recover to right, step left together (push hips back with weight on both feet)
a5&6 Weight to right, step left forward, turn ¾ right (weight to right), point left to side (6:00)
7-8 Bump hips to the left 2 times (keep left toe on the floor, taking weight to left on count 8)

VINES W/TURN, FULL TURN, FORWARD MAMBO

(Crossing lines on counts 1-4)

1&2 Turn ¼ left and step right to side, cross left behind right, turn ¼ right and step right forward
3&4 Turn ¼ right and step left to side, cross right behind left, turn ¼ left and step left forward
5&6 Turn ½ left and step right back, turn ½ left and step left forward, step right forward (6:00)
7&8 Rock left forward, recover to right, step left back

WALK BACK AND KICK, WALK BACK AND KICK, OUT OUT, TURN AND STEP, ¾ TO TOUCH

(Crossing lines counts 1-4)

1&2& Step right back, step left back, step right back, kick left forward
3&4& Step left back, step right back, step left back, kick right forward
5-6 Step right to side, step left to side
7&8& Turn ¼ right and step right forward, step left forward, turn ½ right (weight to right), turn ¼ right and touch left to side

REPEAT (Tag details on page 2)

TAG (Tag happens in the 3rd rotation after count 32)

SHUFFLE, FULL PIVOT, HIP BUMPS, COASTER STEP

- 1&2 Shuffle forward left, right, left
- 3&4 Step right forward, turn ½ left (weight to left), turn ½ left and step right back
- 5& Step left back and bump hips two times
- 6& Step right back and bump hips two times
- 7&8 Step left back, step right together, step left forward

SHUFFLE, ¾ PIVOT, HIP BUMPS, COASTER STEP

- 1&2 Shuffle forward right, left, right
- 3&4 Step left forward, turn ½ right (weight to right), turn ¼ right and step left back (9:00)
- 5& Step right back and bump hips two times
- 6& Step left back and bump hips two times
- 7&8 Step right back, step left together, step right forward

SHUFFLE, FULL PIVOT, HIP BUMPS, COASTER STEP

- 1&2 Shuffle forward left, right, left
- 3&4 Step right forward, turn ½ left (weight to left), turn ½ left and step right back (9:00)
- 5& Step left back and bump hips two times
- 6& Step right back and bump hips two times
- 7&8 Step left back, step right together, step left forward

1 ¼ PIVOT, HIP BUMPS

- 1&2 Shuffle forward right, left, right
- 3&4 Step left forward, turn ¾ right (weight to right), turn ½ right and step left back (12:00)
- 5& Step right back and bump hips two times
- 6& Step left back and bump hips two times
- 7& Step right back and bump hips two times
- 8& Step left back and bump hips two times

FORWARD STEP, SIDE STEP, BACK STEP, SIDE STEP

- 1-2 Step right forward and slightly side, step left to side
- 3-4 Step right back and slightly side, step left to side
(Crossing lines on counts 5-8)

COASTER STEP, SHUFFLE, FULL TURN LEFT, SHUFFLE

- 1&2 Step right back, step left together, step right forward
- 3&4 Shuffle forward left, right, left
- 5&6 Turn ½ left and step right back, turn ½ left and step left forward, step right forward
- 7&8 Shuffle forward left, right, left (Prep for a ¾ turn left on last step of shuffle)
(Crossing lines on counts 1-5)

¾ TURN LEFT, POINT & KNEE BOUNCES, CROSS STEP & KNEE BOUNCES

- &1 Turn ¾ left and large step right to side, point left to side (3:00)
- 2-3-4 Hold
Move left knee forward on the & counts and back on the number counts. Bounce knee three times
- 5 Cross left over right
- 6-7-8 Hold
Move left knee forward on the & counts and back on the number counts. Bounce knee three times

CROSS & HOLD (X2), ¼ TURN LEFT SIDE STEP, HOLD

- 1-2 Cross right over left, hold
- 3-4 Cross left over right, hold
- 5 Turn ¼ left and large step right to side (12:00)
- 6-7-8 Hold

After dancing the tag, you will be in the same line as when you started but two spaces to your right from your original starting position