

# Mama Say Heya

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**Count:** 64

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Sebastiaan Holtland , Netherlands (11-01-2012)

**Music:** Heyamama by Dj Bobo (Album: Magic 1998)

## 32 count intro (15 Sec)

### Sec 1: [1-8] Jump both Heels Apart, Hold, & Cross, Hold, Side Rock, Recover, Sailor $\frac{1}{4}$ R.

- &1-2** Jump both feet apart on Heels (&1), Hold. (12:00)
- &3-4** Step both feet back in place, cross Lf over Rf, Hold.
- 5-6** Rock Rf to the right, recover on Lf.
- 7&8** Step Rf behind Lf, turn  $\frac{1}{4}$  right (3) step Lf to the left, step Rf to the right weight onto Rf.

### Sec 2: [9-16] Fwd Rock, Recover, $\frac{3}{4}$ Triple L, Cross, Back, $\frac{1}{4}$ R, Side, Step.

- 1-2** Rock Lf forward, recover on Rf.
- 3&4** Triple  $\frac{3}{4}$  left (6) step Lf slightly forward, step Rf beside Lf, step Lf slightly forward weight onto Lf
- 5-6** Cross Rf over Lf, step Lf back.
- 7-8** Turn  $\frac{1}{4}$  right (9) step Rf to the right, step Lf forward weight onto Lf.

### Sec 3: [17-24] Step, $\frac{1}{2}$ L, Hitch L, Replace, Hitch R, Fwd Rock, Recover, $\frac{1}{4}$ R, Side Rock, Recover.

- 1-2** Step Rf forward, turn  $\frac{1}{2}$  left (3) hitch L knee up.
- 3-4** Step Lf back in place, hitch R knee up.
- 5-6** Rock Rf forward, recover on Lf.
- 7-8** Turn  $\frac{1}{4}$  right (6) rock Rf to the right, recover on Lf.

### Sec 4: [25-32] Out, Out, Swivet, Fwd Rock, Recover, $\frac{1}{4}$ R, Side, Together.

- 1-2** Step Rf out to right, step Lf out to left. (6:00)
- 3-4** Weight on R toe and L heel twist both feet so toes are pointing left, recover to centre ending weight onto Lf.
- 5-6** Rock Rf forward, recover on Lf.

**7-8** Turn  $\frac{1}{4}$  right (9) step Rf to the right, step Lf next to Rf taking weight onto Lf.

### **Sec 5: [33-40] Steps, Heel Swivels R-L-R-L.**

**1&2** Step Rf forward, with R toes on the floor swivel R heel out, swivel R heel in weight onto Rf. (9:00)

**3&4** Step Lf forward, with L toes on the floor swivel L heel out, swivel L heel in weight onto Lf.

**5&6** Step Rf forward, with R toes on the floor swivel R heel out, swivel R heel in weight onto Rf.

**7&8** Step Lf forward, with L toes on the floor swivel L heel out, swivel L heel in weight onto Lf.

### **Sec 6: [41-48] Rock Fwd R, Recover, Turn $\frac{1}{4}$ R, Side, Rock Fwd L, Recover, Touch Back, Unwind $\frac{1}{2}$ L, $\frac{1}{4}$ Pivot L.**

**1-2** Rock Rf forward, recover on Lf. (9:00)

**&3-4** Turn  $\frac{1}{4}$  right (12) step Rf slightly to right, rock Lf forward, recover on Rf.

**5-6** Touch Lf back, unwind  $\frac{1}{2}$  left (6) taking weight onto Lf.

**7-8** Step Rf forward, turn  $\frac{1}{4}$  left (3) taking weight onto Lf.

### **Sec 7: [49-56] Dorothy Step, Dorothy Step $\frac{1}{4}$ L, $\frac{1}{2}$ Pivot L, Walks Fwd R-L.**

**1,2&** Step Rf diagonal forward, lock Lf behind Rf, step Rf diagonal forward.

**3,4&** Turn  $\frac{1}{4}$  left (12) step Lf diagonal forward, lock Rf behind Lf, step Lf diagonal forward.

**5-6** Step Rf forward, turn  $\frac{1}{2}$  left (6) taking weight onto Lf.

**7-8** Walk Rf forward, walk Lf forward.

### **Sec 8: [57-64] Heel Grind, Heel Grind, Fwd Rock, Recover, $\frac{1}{4}$ R, Side Rock, Recover.**

**1-2** Heel grind with Rf (toes from left to right), step Rf back in place.

**3-4** Heel grind with Rf (toes from right to left), step Lf back in place.

**5-6** Rock Rf forward, recover on Lf.

**7-8** Turn  $\frac{1}{4}$  right (9) rock Rf to the right, recover on Lf.

**Start again and have fun!**