

Hey Mama Don't Stress Ur Mind

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Count: 32

Wall: 2

Level: Low Intermediate

Choreographer: Val Saari (Canada, August 2018)

Music: Mama (feat. William Singe) - Jonas Blue

WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

- 1-2 Walk forward, RF, LF
- 3&4 Rock forward on RF, Recover LF, Step back on RF
- 5-6 Walk back, LF, RF
- 7&8 Rock back on LF, Recover RF, Step LF beside right

RF CROSS ROCK, TURNING SHUFFLES (RLR,LRL), RF ROCK BACK

- 1-2 Rock RF over L, LF recover
- 3&4 Pivot 1/4 R and Shuffle forward RLR
- 5&6 Shuffle LRL turning 1/2 R
- 7-8 Rock RF back Recover LF

CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)

1-2RF Cross over L, LF Recover weight

- 3&4 Recover RF, Step LF in place, Step RF in place

5-6LF Cross over R, RF Recover weight

- 7&8 Step LF left, Step RF beside L, Step LF 1/4 pivot L

SIDE MAMBOS CHA CHA CHA X 2 (RL)

1-2RF Rock side right, LF recover

- 3&4 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)

5-6LF Rock side left, RF recover

- 7&8 Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

REPEAT - No Tags, No Restarts

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