

# HEY Mama Don't stress Cha Cha

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Val Saari (Canada, October 2018)

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

## **R TOE TOUCHES, CROSS-ROCK BACK, L TOE TOUCHES, CROSS-ROCK BACK**

- 1-2**            Touch RF toes forward twice
- 3&4**            Cross-rock RF behind L, Recover LF, Step RF beside left
- 5-6**            Touch LF toes forward twice
- 7&8**            Cross-rock LF behind R, Recover RF, Step LF beside right

## **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 pivot 1/4 L, Step RF beside L, Step LF together

## **SIDE TOGETHER R (CHA CHA CHA), L SIDE TOGETHER/FWD (CHA CHA CHA)**

- 1-2**            Step RF right, Step LF together
- 3&4**            Step RF right , Step LF together, Step RF in place (cha, cha, cha)
- 5-6**            Step LF left, Step RF together
- 7&8**            Step LF forward, Step RF together, Step LF in place (Cha, Cha, cha)

## **RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK**

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

## **REPEAT - No Tags, No Restarts**

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