

Oh Mama Hey

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Guyton Mundy & Jo Thompson Szymanski - October 2017

Music: Oh Mama Hey (feat. Crystal Waters) by Chris Cox and DJ Frankie [Radio Edit] (3:03)

Thank you DJ Louie St. George for suggesting this song.

Intro: 48 counts - BPM: 130.

Sequence: 32, 16 count Tag, 32, 32, 16 count Tag, 32, 4 count Tag, 32, 32, 16 count Tag, 16 count Tag, 32, 32, pose

[1-8] PRESS R: OUT, IN, OUT, HOLD, BALL CROSS, PRESS L, SLIDE BACK/STEP, BEHIND, ¼ TURN R, FORWARD

- 1&2** Press ball of R to right with knee turned out (1); Turn R knee in (&), Turn R knee out/look R (2)
- 3&4** Hold (3); Step ball of L slightly back (&); Cross R over L (4) (Focus returns to normal)
- 5-6** Allowing body to face slightly L - Press ball of L to left (keeping it pretty close to the right foot) with knee turned out slowly lowering L heel as you slide R foot back toward 3:00 (5); Step back onto R foot toward 3:00 (6)
- 7&8** Step L behind R squaring body up to 12:00 (7); Turn ¼ right stepping R forward (&); Step L forward (8) (3:00)

[9-16] KICK, BALL STEP, STEP, HEEL TWIST, BACK, ½ TURN L with STEP/HITCH, BALL, HITCH, BALL, HITCH, BALL, STEP

- 1&2** Kick R forward (1); Step ball of R beside L (&); Step L forward (2)
- 3&4** Step R forward (3); Twist both heels right and slightly off floor (&) Return heels center weight goes to L (4)
- 5** Step R back (5)
- 6&7&8** These counts will travel toward 9:00 as you gradually turn ½ left with a down/up feel - Turn 1/8 left stepping down on L toward 9:00 hitching R knee (6); Turn 1/8 left stepping up on ball of R beside L (&); Turn 1/8 left stepping L down toward 9:00 hitching R knee (7); Turn 1/8 left stepping up on ball of R beside L (&); Step L forward (8) (9:00)

[17-24] SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, GLIDING BOX FULL TURN LEFT

- 1&2** Rock R to right (1); Recover weight to L (&); Cross R over L (2)
- 3&4** Rock L to left (3); Recover weight to R (&); Cross L over R (4)
- 5-8** Slide/step R to right turning $\frac{1}{4}$ left (5); Slide/step L to left turning $\frac{1}{4}$ left (6); Slide/step R to right turning $\frac{1}{4}$ left (7); Turn $\frac{1}{4}$ left stepping L forward (9:00)

[25-32] HEEL GRIND RIGHT, HEEL GRIND LEFT $\frac{1}{4}$ TURN LEFT, CROSS, $\frac{1}{4}$ TURN R, $\frac{1}{4}$ TURN R, CROSS

- 1-2&** Step R heel across L starting with toe turned in then grind heel turning toe out (1); Step L to left (2); Step R to right/slightly back (&)
- 3-4&** Step L heel across R starting with toe turned in then grind heel turning toe out turning $\frac{1}{4}$ left (3); Step R to right (4); Step L to left/slightly back (&)
- 5-8** Cross R over L (5); Turn $\frac{1}{4}$ right stepping L back (6); Turn $\frac{1}{4}$ right stepping R to right (7); Cross L over R (8) (12:00)

TAG: 16 count tag:

[1-16] TWIST, TWIST, HOOK, TWIST, TWIST, HITCH, SAILOR R, SAILOR L $\frac{1}{4}$ TURN LEFT, REPEAT

- 1&2** Step R to right twisting both heels right (1); Twist both toes right (&); Twist R heel right as you hook L across R shin (L knee will be pointed toward L side) (2)
- 3&4** Step L to left twisting both heels left (3); Twist both toes left (&); Twist L heel left as you hitch (do not hook) R knee up toward R side (4)
- 5&6** Step R behind L (5); Step L to left (&); Step R to right (6)
- 7&8** Step L behind R (7); Turn $\frac{1}{4}$ left stepping small step R to right (&); Step L forward slightly across R (8)

[9-16] Repeat all 8 counts

TAG: 4 count tag:

- 1-4** Press ball of R to right with knee out (1); Turn R knee in (2); Switch weight to R turning L knee in (3); Shift weight to L standing up doing a low kick R to right diagonal with flexed foot leaning slightly away from the kick (4)

Ending: At the end of the song, you will be facing 12:00 - Press ball of R to right for a pose.