

Hey Mama

Choreographed by Scott Blevins and Maren Oslac (September 2009)

64 Count Contra line dance with one 60 count tag

(tag will occur on the 3rd rotation on count 33)

Choreographed to "Say Hey (I Love You)" by Michael Franti & Spearhead

24 count intro to start with the lyrics



1 - 8

- 1&2 1) Cross body rock L foot in front of R; &) Recover to R; 2) Step L foot to left side.
3&4 3) Cross body rock R foot in front of L; &) Recover to L; 4) Step R foot to R side.
5&6 5) Rock forward on L foot; &) Recover to R; 6) Step L foot back.
7&8 7) Rock back on R foot; &) Recover to L; 8) Step R foot next to L.

9 -16

- 1&2 1) Step L foot across and in front of R; &) Turning $\frac{1}{4}$ to left, step back on R; 2) Turning $\frac{1}{4}$ to left, step L to left side.
3&4 3) Cross body rock R foot in front of L; &) Recover to L; 4) Step R foot to R side.
5&6 5) Step L foot across and in front of R; &) Turning $\frac{1}{4}$ to left, step back on R; 6) Turning $\frac{1}{4}$ to left, step L to left side.
7&8 7) Cross body rock R foot in front of L; &) Recover to L; 8) Step R foot to R side [facing 12 O'clock].

17-24 Crossing lines on counts 1 - 4.

- 1&2 1) Step L foot across and in front of R; &) Step R foot forward and on a diagonal to right side rotating body to face slight diagonal left;
2) Step L foot next to R foot.
3&4 3) Step R foot across and in front of L; &) Step L foot forward and on a diagonal to left side rotating body to face slight diagonal right;
4) Step R foot next to L foot.
5&6 5) Step forward on L foot; &) Make a half turn left on L foot; 6) Touch R foot next to L foot [facing 6 O'clock].
7&8 7&8) Shuffle forward R-L-R.

25-32 Crossing Lines on counts 5 - 7.

- a-1&2 a) Lift L knee and rotate a $\frac{1}{4}$ turn to right on R foot: 1&2) Shuffle forward L-R-L forward.
a-3&4 a) Lift R knee and rotate $\frac{1}{2}$ turn to left on L foot: 3&4) Shuffle forward R-L-R.
a-5&6 a) Lift L knee and rotate a $\frac{1}{4}$ turn to right on R foot: 5&6) Shuffle forward L-R-L forward [facing 6 O'clock].
7&8 7) Step forward on R foot; &) Pivot $\frac{1}{2}$ turn left, taking weight on L; 8) Step R foot to right side [facing 12 O'clock].

33-40 Crossing Lines on counts 1 - 4.

- 1-a-2 1) Step L foot across and in front of R; a) Leaving L foot in place, rotate slightly to left, stepping ball of R foot to right side; 2) Return weight to L foot.
3-a-4 3) Step R foot across and in front of L; a) Leaving R foot in place, rotate slightly to right, stepping ball of L foot to left side; 4) Return weight to R foot.
5 5) Step L foot across and in front of R; Over the next 3 beats of music you will be making a gradual $\frac{3}{4}$ turn to left, this is a Samba move called "Volta".
a6a7a8 a) Keeping thighs touching, step ball of R foot to right side making $\frac{1}{4}$ turn to left; 6) Step L foot across R foot;
Repeat for a-7 - a-8 [facing 3 O'clock].

41-48

- 1&2 1) Rock fwd on R foot; &) Turning $\frac{1}{4}$ over right shoulder, recover to L foot; 2) Turning $\frac{1}{4}$ to right, step forward on R foot [facing 9 O'clock].
3&4 3) Rock fwd on L foot; &) Recover to R foot; 4) Step L foot next to R foot pushing hips back (weight on both feet).
a-5&6 a) change weight to R; 5) Step fwd on L; &) Pivot $\frac{3}{4}$ turn right on R foot; 6) Point L to left side [facing 6 O'clock].
7-8 7-8) Keeping L toe on the floor bump hips to the left 2 times taking weight onto L foot on count 8.

49-56 Crossing Lines on counts 1 - 4.

- a-1&2 a) Make a $\frac{1}{4}$ turn left; 1) Step R foot to right side; &) Step L foot behind R; 2) Make a $\frac{1}{4}$ turn right stepping forward on R foot.
a-3&4 a) Make a $\frac{1}{4}$ turn right; 3) Step L foot to left side; &) Step R foot behind L; 4) Make a $\frac{1}{4}$ left stepping forward on L foot.
5&6 5) Turning $\frac{1}{2}$ left, step back on R foot; &) Turning $\frac{1}{2}$ left, step fwd on L foot; 6) Step forward on R [facing 6 O'clock].
7&8 7) Rock forward on L foot; &) Recover onto R foot; 8) Step back on L foot

57-64 Crossing Lines counts 1 -4.

- 1&2&8 1&2) Walk back R-L-R &) Kick L foot fwd.
3&4&8 3&4) Walk back L-R-L &) Kick R foot fwd.
5 - 6 5) Step R foot to right side; 6) Step L foot to left side.
a-7&8 a) Make a $\frac{1}{4}$ turn to right stepping forward on R foot; 7) Step forward on ball of L foot; &) Pivot $\frac{1}{2}$ turn right taking weight on R foot; 8) Make $\frac{1}{4}$ turn right pointing L foot to left side.

"Hey Mama!" Page 1 of 2 CONTINUED ON NEXT PAGE!!!!

Tag

1 – 8

- 1&2 1&2) Shuffle forward L-R-L.
3&4 3) Step forward on R foot; &) Pivot ½ turn over left shoulder taking weight on L foot; 4) Make a ½ turn left stepping back on R foot.
5&6& 5&) Step back on L foot bumping hips two times; 6&) Step back on R foot bumping hips two times.
7&8 7&8) Coaster step L-R-L.

9 – 16

- 1&2 1&2) Shuffle forward R-L-R.
3&4 3) Step forward on L foot; &) Pivot ½ turn over right shoulder taking weight on R foot; 4) Make a ¼ turn right stepping back on L foot [facing 9 O'clock].
5&6& 5&) Step back on R foot bumping hips two times; 6&) Step back on L foot bumping hips two times.
7&8 7&8) Coaster step R-L-R.

17-24

- 1&2 1&2) Shuffle forward L-R-L.
3&4 3) Step forward on R foot; &) Pivot ½ turn over left shoulder taking weight on L foot; 4) Make a ½ turn left stepping back on R foot [facing 9 O'clock].
5&6& 5&) Step back on L foot bumping hips two times; 6&) Step back on R foot bumping hips two times.
7&8 7&8) Coaster step L-R-L.

25-32

- 1&2 1&2) Shuffle forward R-L-R.
3&4 3) Step forward on L foot; &) Pivot ¾ turn over right shoulder taking weight on R foot; 4) Make a ½ turn right stepping back on L foot [facing 12 O'clock].
5&6& 5&) Step back on R foot bumping hips two times; 6&) Step back on L foot bumping hips two times.
7&8& 7&) Step back on R foot bumping hips two times; 8&) Step back on L foot bumping hips two times.

33-36

- 1 – 2 1) Step forward and out to right side with R foot; 2) Step forward and out to left side with L foot.
3 – 4 3) Step back and out to right side with R foot; 4) Step back and out to left side with L foot.

37- 44 Crossing Lines on counts 5 – 8.

- 1&2 1&2) Coaster step R-L-R.
3&4 3&4) Shuffle forward L-R-L.
5&6 5) Turning ½ left, step back on R foot; &) Turning ½ left, step fwd on L foot; 6) Step forward on R.
7&8 7&8) Shuffle forward L-R-L (prep for a ¾ turn to left on last step of shuffle).

45-52 Crossing Lines on counts 1 – 5.

- &1 &) Make a ¾ turn over left shoulder on L foot; 1) Take a large step to right on R foot pointing L to left [facing 3 O'clock].
2-3-4 &2-&3-&4) Hold position, moving L knee forward on the & counts and back on the number counts, bounce knee three times.
5 5) Step L foot across and in front of R foot.
6-7-8 &6-&7-&8) Hold position, moving L knee forward on the & counts and back on the number counts, bounce knee three times.

53-60

- 1 – 2 1) Step R foot in front of L foot; 2) Hold.
3 – 4 3) Step L foot in front of R foot; 4) Hold.
&5 &) Make ¼ turn left on L foot; 5) Take a large step to right on R foot [facing 12 O'clock].
6-7-8 6-7-8) Hold

NOTE: 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.

Start dance with 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.
See diagram below:

