

# Hey Mama! (REVISED)

Choreographed by: Scott Blevins & Maren Oslac (Sept. 2009)

64-count Contra Line Dance with one 60-count tag (tag will happen in the 3<sup>rd</sup> rotation on count 33).

Intro: 24 counts. Start dance with lyrics.

Music: "Say Hey (I Love You)" [feat. Cherine Anderson] by: Michael Franti & Spearhead, available on iTunes.

## 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 ¼ to left, step back on R; 2) Turning ¼ 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 ¼ to left, step back on R; 6) Turning ¼ 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 ¼ turn to right on R foot: 1&2) Shuffle forward L-R-L forward.  
a-3&4 a) Lift R knee and rotate ½ turn to left on L foot: 3&4) Shuffle forward R-L-R.  
a-5&6 a) Lift L knee and rotate a ¼ 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 ½ 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. (**Samba move called "Bota Fogo"**)  
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. (**"Bota Fogo"**)  
5 5) Step L foot across and in front of R; **Over the next 3 beats of music you will be making a gradual ¼ turn to left, this is a Samba movement called "Volta".**  
a6a7a8 a) Keeping thighs touching, step ball of R foot to right side making ¼ 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 ¼ over right shoulder, recover to L foot; 2) Turning ¼ 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 ¾ 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 ¼ turn left; 1) Step R foot to right side; &) Step L foot behind R; 2) Make a ¼ turn right stepping forward on R foot.  
a-3&4 a) Make a ¼ turn right; 3) Step L foot to left side; &) Step R foot behind L; 4) Make a ¼ left stepping forward on L foot.  
5&6 5) Turning ½ left, step back on R foot; &) Turning ½ 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& 1&2) Walk back R-L-R &) Kick L foot fwd.  
3&4& 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 ¼ turn to right stepping forward on R foot; 7) Step forward on ball of L foot; &) Pivot ½ turn right taking weight on R foot; 8) Make ¼ turn right pointing L foot to left side.

**“Hey Mama” (REVISED) Page 2 of 2**

**Tag**

1-8

- 1&2 1) 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) 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) 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) 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:

Line 1 - A A A A A A

Line 2 - B B B B B B