

Hey Mama

Music: Mat Kearney

Level: Easy

Sequence: ABC B ABC B D C B

Pop--90 BPM

choreo: Sarah Dwight-Gilroy (2014)

email: loudfeetdancer@gmail.com

youtube: loudfeetdancer

Hold 12

A (32 counts)

(8)	2	Cowboy	DS-DS-DS-Br SI-DS-RS-RS-RS
(4)		2 Basics	DS-RS
(4)		2 Side Touches	DS-Tch(ots) SI

B (16 counts)

(4)	2	Skip Basic	DS-Loop St(xb)-DS-RS
(4)		Fancy Double	DS-DS-RS-RS

C (40 counts)

(4)	3	Shake & Basic	DS/Tw(L)-Tw(R) Tw(L)-DS-RS
(4)		Triple Unclog	DS-DS-DS-Sta Sto
(4)	2	Chase It	DS-SI St-SI St-SI St (move forward)
(4)		Crazy Legs	DS-DS-DS-DS (move back)

B repeat (12 counts): Skip Basic, Fancy Double, Skip Basic (*only one Fancy Double!)

A repeat (16 counts): Cowboy, 2 Basics, 2 Side Touches (*no repeat!)

B repeat (16 counts): Skip Basic, Fancy Double, Skip Basic, Fancy Double

**C repeat (40 counts): Shake & Basic, Triple Unclog, Shake & Basic, Triple Unclog,
Shake & Basic, Triple Unclog, Chase It, Crazy Legs, Chase It, Crazy Legs**

B repeat (12 counts): Skip Basic, Fancy Double, Skip Basic (*only one Fancy Double!)

D (16 counts)

(4)	2	Triple	DS-DS-DS-RS
(1)		2 Stomps	Sto Sto
(3)		Double Basic	DS-DS-RS

**C repeat (40 counts): Shake & Basic, Triple Unclog, Shake & Basic, Triple Unclog,
Shake & Basic, Triple Unclog, Chase It, Crazy Legs, Chase It, Crazy Legs**

B repeat (12 counts): Skip Basic, Fancy Double, Skip Basic (*no Fancy Double!)

End (1) Stomp

(p) Stomp