



Oh Mama Hey

32 Count, 2 Wall, Intermediate

Choreographer: Guyton Mundy & Jo Thompson Szymanski (USA) Nov 2017

Choreographed to: Oh Mama Hey by Chris Cox & DJ Frankie,
ft. Crystal Waters
(Radio Edit)

Track: 3:03mins

Intro: 48 counts - BPM: 130. Thank you DJ Louie St. George for suggesting this song.

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

Section 1 **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)

Section 2 **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)

Section 3 **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 ¼ left (5); Slide/step L to left turning ¼ left (6);
Slide/step R to right turning ¼ left (7); Turn ¼ left stepping L forward (9:00)

Section 4 **HEEL GRIND RIGHT, HEEL GRIND LEFT ¼ TURN LEFT, CROSS, ¼ TURN R, ¼ 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 ¼ left (3);
Step R to right (4); Step L to left/slightly back (&)
5-8 Cross R over L (5); Turn ¼ right stepping L back (6); Turn ¼ right stepping R to right (7);
Cross L over R (8) (12:00)

16 count tag:

1-16 **TWIST, TWIST, HOOK, TWIST, TWIST, HITCH, SAILOR R, SAILOR L ¼ 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 ¼ left stepping small step R to right (&);
Step L forward slightly across R (8)
9-16 Repeat all 8 counts

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.