

HEY Mama Don't stress Cha Cha

COUNT: 32 WALL: 4 LEVEL: Beginner

CHOREOGRAPHER: VAL SAARI (Canada, October, 2018)

MUSIC: Mama (feat. William Singe), Jonas Blue

R TOE TOUCHES, CROSS-ROCK BACK, L TOE TOUCHES, CROSS-ROCK BACK

1-2 Touch RF toes forward twice

3&4 Cross-rock RF behind L, Recover LF, Step RF beside left

5-6 Touch LF toes forward twice

7&8 Cross-rock LF behind R, Recover RF, Step LF beside right

CROSS MAMBOS CHA CHA CHA X 2 (RIGHT,LEFT 1/4 PIVOT L)

1-2 RF Cross over L, LF Recover weight

3&4 Recover RF, Step LF in place, Step RF in place

5-6 LF Cross over R, RF Recover weight

7&8 Step LF left pivot 1/4 L, Step RF beside L, Step LF together

SIDE TOGETHER R (CHA CHA CHA), L SIDE TOGETHER/FWD (CHA CHA CHA)

1-2 Step RF right, Step LF together

3&4 Step RF right, Step LF together, Step RF in place (cha, cha, cha)

5-6 Step LF left, Step RF together

7&8 Step LF forward, Step RF together, Step LF in place (Cha, Cha, cha)

RF ROCK FWD, LF RECOVER, RF MAMBO BACK, LF ROCK FWD, RF RECOVER, LF MAMBO BACK

1-2 Rock RF forward, Recover LF

3&4 Rock RF back, Recover LF, Step RF beside left

5-6 Rock LF forward, Recover RF

7&8 Rock LF back, Recover RF, Step LF beside right

REPEAT

No tags, no restarts

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