

# Oh Mama Hey

**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Guyton Mundy & Jo Thompson Szymanski - October 2017

**Music:** Oh Mama Hey (feat. Crystal Waters) by Chris Cox and DJ Frankie [Radio Edit] (3:03)

**Intro: 48 counts - BPM: 130.**

**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**

**[1-8] 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)

**[9-16] 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)

**[17-24] 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)

**[25-32] 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)

**TAG: 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**

**TAG: 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.**