

# SWEET MAMA-CITA

Choreographed by: **Wanda Heldt - [Perth WA] - March 2018**

Music: **Hey Señorita** by The Koi Boys

Description: 32 count - 4 Wall High Beginner/Easy Intermediate - Line dance

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As a split floor:- with **Hey Señorita AB** by Sue Beau, which I have taught to my Beginners - Just love the music. All about having Fun and staying on the floor. :-).

## 1. **FIGURE 8**

- 1- 4 Step Right to Right, Step Left behind Right, 1/4 turn on Right, Hold. [3]
- 5-8 Step forward on Left, Pivot 1/2 turn Right [9] 1/4 turn Right step on Left, Hold.[12]

## 2. **BACK ROCK, RECOVER, LONG STEP, DRAG, LEFT 1/4 SAILOR STEP**

- 1-4 Rock back on Right, Recover on Left, Long Step Right, dragging Left towards Right.
- 5-6 1/4 turn Left sailor step [stepping Left behind Right, Step Right to Right,
- 7-8 Step Left to side, Hold]. [9]

## 3. **RUN FORWARD R.L.R, HOLD, FULL TURN RIGHT HOLD**

- 1-4 Run forward Right, Left, Right, Hold [ *small steps*]
- 5-8 1/2 turn Right step on Left, 1/2 turn Right step forwards on Right, Left, Hold. [9]

## 4. **BACK LOCK STEP, LEFT 1/4 SAILOR STEP**

- 1-4 Step back on Right, Step left across Right, Step back on Right, Hold.
- 5-8 1/4 turn Left sailor step [Stepping Left behind Right, Step Right to Right, Step Left to side, Hold].[6]

## 5. **STEP, HOLD, STEP, HOLD, BOOGIE WALK**

- 1-4 Step forward Right to Right diagonal, Hold, Step forward Left Left diagonal, Hold.
- 5-8 Boogie walk forward, [Swivelling R.L.R.L.]

## 6. **2 x 1/8 PADDLE TURN LEFT [Hip roll]**

### **ROCK FORWARD, RECOVER, SIDE, RECOVER [use your hips]**

- 1-24 Step forward Right 1/8 Turn, Recover on Left,
- 3-4 Step forward Right 1/8 Turn, Recover on Left. [3]
- 5-6 Rock Right forward, Recover on Left.
- 7-8 Rock Right to Right side, Recover on Left.

[On cts. 5-8 Swing hips as you Rock fwd & back, side & recover]

Restart .....HAVE FUN IN LIEF & IN DANCE