

Sexy Mama

Count: 32

Wall: 4

Level: Intermediate hip hop

Choreographer: Kash Bane (UK) & Danielle Smith

Music: Buttons (Remix) (feat. Snoop Dogg) - The Pussycat Dolls



WALKS, QUICK STEP WITH SLAP, HIP SWAYS WITH HITCH

- 1-4 Walk forward left, right, left, right with heavy attitude
- &5-6 Step left to left side, step right to right side, step left next to right and slap both hands on hips
- 7-8 Step left to left side swaying hip to left, sway hip right hitching right knee at left leg

FULL TURN LEFT, QUICK ROCK, STEP, CROSS HOP, FULL UNWIND

- 1-2 Make a $\frac{1}{4}$ turn left stepping left forward, make a $\frac{1}{2}$ turn over left shoulder stepping back on right foot
- 3&4 Make a final $\frac{1}{4}$ turn left stepping left to left side, rock right foot across left foot, recover onto left
- 5 Step right foot to right side
- 6 Hop left foot across right an hook right foot behind left knee
- 7&8 Touch right toe behind left foot and fully unwind

CROSS, $\frac{1}{2}$ TURN HITCH, SQUAT, $\frac{1}{2}$ TURN, CROSS SHUFFLE, SWEEP TURN

- 1 Cross left foot over right
- 2 On ball of left foot make a $\frac{1}{2}$ turn over left shoulder while hitching right knee (clap hands together above head)
- 3 Squat down by stepping right to right side (slap hands down onto knees)
- 4 Make a $\frac{1}{2}$ turn over left shoulder by stepping left to left side
- 5&6 Step right foot across left, step left to left side, step right foot across left
- 7-8 On ball of right foot make a $\frac{3}{4}$ turn over right shoulder while sweeping left out and round ending with left pointed to left side

STEP, HEEL, STEP, TOE, STEP, ROCK AND STEP, TURNING SNAKE

- 1-2 Step left foot back and touch right heel forward (make sexy)
- 3-4 Step forward on right foot, touch left toe back (make sexy)
- 5 Step left forward
- 6&7 Rock right forward, recover onto left foot, step right foot back
- 8 Make a $\frac{1}{2}$ turn right snaking round right shoulder (you should end up with right foot forward and left foot pointed back)

REPEAT