

Hot 4 Mama

Compte: 48

Mur: 1

Niveau: Beginner



Chorégraphe: Michelle Graef & Jim Lefik (USA)

Musique: Hot Mama - Trace Adkins

TWO KICK-BALL CHANGES WITH RIGHT FOOT, ROCK FORWARD, THEN BACK, WITH HIP BUMPS ON BOTH ROCKS

- 1&2 Right foot kick ball change
- 3&4 Right foot kick ball change
- 5-6 Rock (step) forward on right foot with hip bumps
- 7-8 Right foot step back with hip bumps

Left foot stays in place on steps 5-8

TWO HALF TURNS TO THE LEFT, SHUFFLE TO RIGHT, ROCK-STEP

- 1-2 Step forward on right, ½ turn to left
- 3-4 Step forward on right, ½ turn to left
- 5&6 Right-left-right shuffle to right
- 7-8 Rock step left foot back behind right foot, shift weight forward on right foot

FULL TURN TO THE LEFT, STEP RIGHT WITH HIP BUMPS, STEP-PAUSE

- 1-2 Step left foot, right foot while starting full turn to left
- 3-4 Complete full turn, left foot step left, bring right foot beside left foot
- 5&6 Step right foot to right with hip bumps on '&6' (bump hips right, left)
- 7-8 Bring left foot beside right foot, hold

The next 24 counts are the mirror image of the first 24 counts

TWO KICK-BALL CHANGES WITH LEFT FOOT, ROCK FORWARD, THEN BACK, WITH HIP BUMPS ON BOTH ROCKS

- 1&2 Left foot kick ball change
- 3&4 Left foot kick ball change
- 5-6 Rock (step) forward on left foot with hip bumps
- 7-8 Left foot step back with hip bumps

TWO HALF TURNS TO THE RIGHT, SHUFFLE TO LEFT, ROCK-STEP

- 1-2 Step forward on left foot, turning ½ turn to right
- 3-4 Step forward on left foot, turning ½ turn to right
- 5&6 Left-right-left shuffle to left
- 7-8 Rock step right foot back behind left foot, shift weight forward on left foot

FULL TURN TO THE RIGHT, STEP LEFT WITH HIP BUMPS, STEP-PAUSE, BACK AT STARTING POSITION

- 1-2 Step right, left while starting full turn to right
- 3-4 Complete full turn, right foot step right, bring left foot beside right foot
- 5&6 Step left foot to left with hip bumps on '&6' (bump hips left, right)
- 7-8 Bring right foot beside left foot, hold

REPEAT
