

Hot Mama

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: Kathy Sharpe-Arrant (USA)
音乐: Hot Mama - Trace Adkins

级数: Improver west coast swing



STEP, BEHIND, SIDE, ROCK, CROSS, ¼ TURN, BACK, COASTER STEP

- 1-2 Step right foot to right, cross left foot behind right
- 3&4 Step right foot to right, rock weight back onto left foot, cross right foot over left
- 5-6 Step left foot to left with 1/8 turn right, step right foot back with 1/8 turn right (to complete ¼ turn)
- 7&8 Coaster step back (step left foot back, step right foot together with left, step left forward)

PROGRESSIVE TOE STRUTS WITH HIPS, KICK BALL CHANGE, HOLD

- 1-2 Touch right toe forward, leading with right hip, step on right heel while rolling right hip out and back (to the right)
- 3-4 Touch left toe forward, leading with left hip, step on left heel while rolling left hip out and back (to the left)
- 5&6 Kick right foot forward, step on ball of right foot, change weight to left foot
- 7-8 Touch right toe forward, hold count 8 and pose

TWO ¼ TURN HIP ROLLS, MODIFIED JAZZ BOX, HOLD

- 1-2 With weight on left foot, roll hips to the left while turning ¼ turn left
- 3-4 Repeat 1-2 to complete ½ turn left
- 5-6 Cross right foot over left with weight, step back on left foot
- &7-8 Step slightly back on ball of right foot, cross left foot over right with weight, hold

TOE STRUT WITH ¼ TURN RIGHT, ½ TURN PIVOT RIGHT, PUSH, ROCK, KICK, WALK, WALK

- 1-2 With body still on a diagonal from crossover hold, touch right toe to right while stepping into a ¼ turn to face original starting wall, step down on right heel to complete ¼ turn right
- 3-4 Step left foot forward, pivot ½ turn right ending with weight on right foot
- 5&6 Push slightly forward on ball of left foot, rock back onto right foot, kick left foot forward
- &7-8 Step left foot together with right foot on "&", walk forward on right foot, walk forward on left foot

REPEAT

TAG

At the end of the 7th wall (this happens after the instrumental)

- 1-4 Rock right, left, right, left changing weight and bumping hips

Start the dance again from the beginning