

Grown & Sexy

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Rhondi Hackett - December 2012
音乐: Grown Folks - The Bar-Kays



16 count intro--start dancing slightly before lyrics; clockwise rotation; Start weight on L

1-2 Hesitation walk fwd R (touch R heel fwd, step down--this is not a heel slap, so make it smooth)
3-6 Repeat hesitation walks fwd L, R
7-8 Step fwd L, turn ½ R [6]

1-6 Hesitation walks fwd L, R, L
7-8 Step fwd R, turn ¼ L [3] (prepare to travel left)

1-3 Step R across L, step L to side, step R behind L
4 Turn ¼ L [12] stepping fwd L
5-6 Step fwd R, turn ½ L [6]
7-8 Step fwd R, turn ½ L [12]
(no turn option for 5-6-7-8: R rocking chair)

1&2& Cross R over L, step L to side, touch R heel fwd, step onto R
3&4& Cross L over R, step back R turning ¼ [9], touch L heel fwd, step onto L
5&6& Cross R over L, step L to side, touch R heel fwd, step onto R
7&8 Cross L over R, step R to side, touch L heel fwd

1-4 Step L to side, swaying or bumping L, R, L, L
5-8 Walk fwd R, L, R, L

1-4 Step R to side, touch L toes behind R, touch to side, touch back
5-8 Step L to side, touch R toes behind L, touch to side, touch back (this is a touch only; prepare to rock back onto R)

1-2 Rock back R (open body to R diag, almost to side wall) recover L, squaring to face wall
3&4 Triple 360 L stepping RLR (no-turn option: triple in place)
5-6 Rock back L (open to L diag), recover R, squaring to wall
7&8 Triple 360 R stepping LRL (or triple in place)

1-5 Walk back R, L, R, L, R
6-7-8 Touch L toes behind R starting slow unwind ½ L [3], ending wt L

**This is my best description of the steps the choreographer does in his video demo;
I apologize for any errors. --Lisa McCammon, May 2013**

Contact: dancinsfun@gmail.com