

# One Hot Mama

**COPPER** **KNOB**  
STEPSHEETS

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Michael Diven (USA)

Musik: Hot Mama - Trace Adkins



## **SIDE ROCK, CROSS SHUFFLE, FULL TURN, SIDE SHUFFLE**

- 1-2 Rock right to right side, recover weight back to left  
3&4 Cross right over left, side shuffle to left  
5-6 Step left foot to left turning  $\frac{1}{4}$  turn right, pivot  $\frac{3}{4}$  turn right on ball of right foot  
7&8 Side shuffle to left

## **KICK FRONT, KICK SIDE, TOUCH RIGHT TOE BEHIND LEFT, PIVOT $\frac{1}{2}$ TURN (RIGHT AND LEFT)**

- 9-10 Kick right foot forward, kick right foot to right side  
11-12 Touch right toe behind left foot, pivot  $\frac{1}{2}$  turn right, switch weight to right foot  
13-14 Kick left foot forward, kick left foot to left side  
15-16 Touch left toe behind right foot, pivot  $\frac{1}{2}$  turn left, switch weight to left foot

## **SIDE SHUFFLE RIGHT, $\frac{1}{2}$ TURN, HOLD, FULL TURNING SHUFFLE RIGHT, STEP, HOLD**

- 17&18 Side shuffle to right side  
19-20 Pivot  $\frac{1}{2}$  turn right, hold, step weight on left foot  
21&22 Shuffle right, left, right while turning 1 full turn to the right  
23-24 Step left to left and hold

## **STEP $\frac{1}{4}$ TURN LEFT WITH HIP ROLLS X 3, STEP AND HEEL**

- 25-26 Step forward on right foot, rotating hips left to right while pivoting  $\frac{1}{4}$  turn to left (small circle)  
27-28 Step forward on right foot, rotating hips left to right while pivoting  $\frac{1}{4}$  turn to left (small circle)  
29-30 Step forward on right foot, rotating hips left to right while pivoting  $\frac{1}{4}$  turn to left (small circle)  
31-32 Step right foot to right side, touch left heel forward

## **HEEL JACKS, $\frac{3}{4}$ TURN RIGHT, RIGHT KICK BALL CHANGE**

- &33&34 Step left in place, cross right over left, step left on left, touch right foot forward  
&35&36 Step right foot in place, cross left behind right, step right on right, touch left foot forward  
37&38 Step left foot in place, cross right over left, unwind  $\frac{3}{4}$  turn to the left, weight on left foot  
39&40 Right kick ball change

## **HIP BUMPS, 2 RIGHT, 2 LEFT, RIGHT, LEFT RIGHT, LEFT**

- 41-42 Bump hips to right twice  
43-44 Bump hips to left twice  
45-48 Bump hips right, left, right, left

## **TOUCH, UNWIND $\frac{1}{2}$ TURN, TOUCH, UNWIND $\frac{1}{2}$ TURN, SIDE ROCK, SWEEP, STEP, CROSS**

- 49-50 Touch right toe behind left foot, unwind  $\frac{1}{2}$  turn switching weight to right foot  
51-52 Touch left toe in front of right foot, unwind  $\frac{1}{2}$  turn putting weight on left foot  
53-54 Rock side right on right, rock left on left  
55&56 Sweep right behind left, step left to left, cross right over left

## **ROCK FORWARD LEFT, STEP BACK RIGHT, COASTER LEFT, STEP RIGHT $\frac{1}{2}$ TURN LEFT, LEFT COASTER**

- 57-58 Rock forward on left, step back on right  
59&60 Left coaster step in place  
61-62 Step forward on right foot, turn  $\frac{1}{2}$  turn left weight on right foot

63&64

Shuffle left, right, left turning  $\frac{3}{4}$  turn left

**REPEAT**

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