

# Sexy Mama

**Count:** 32

**Wand:** 4

**Ebene:** Intermediate hip hop

**Choreograf/in:** Kash Bane (UK) & Danielle Smith

**Musik:** 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 and 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**

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