

Hot Mama

Count: 32

Wand: 4

Ebene: Improver east coast swing

Choreograf/in: Helen Born (USA) & Nita Lindley (USA)

Musik: Hot Mama - Trace Adkins



RIGHT CROSS, ROCK STEP, DRAG, TOUCH, LEFT CROSS, ROCK STEP, DRAG, TOUCH

1&2-3-4 Cross right over left, rock left on left foot, step out to right side with right foot, drag left foot next to right and touch

5&6-7-8 Cross left foot over right, rock right on right foot, step out to left side with left foot, drag right foot next to left and touch

RIGHT SHUFFLE BACK, LEFT SHUFFLE BACK, LEFT& RIGHT HIP BUMPS

1&2-3&4 Back shuffle right left right, back shuffle left, right, left

5-8 Left hip bumps back twice, right hip bumps forward twice

RIGHT & LEFT SAILOR STEPS, ¼ TURN LEFT, MONTEREY TURN

1&2-3&4 Cross right behind left, step right in place making ¼ turn left, step right beside left, cross left behind right, step right in place, step left beside right

5-8 Touch right toe to right side, ½ turn to right on left, bring right together ending with weight on right, touch left toe to left side, bring left together

TOE TOUCHES, HIP BUMPS

1-4 Touch right toe forward, right hip bump forward, touch left toe forward, left hip bump forward

5-8 Repeat counts 1-4

REPEAT
