

# Grown & Sexy

COPPERKNOB  
STEPSHEETS

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Rhondi Hackett - December 2012

Music: 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  $\frac{1}{2}$  R [6]

1-6 Hesitation walks fwd L, R, L

7-8 Step fwd R, turn  $\frac{1}{4}$  L [3] (prepare to travel left)

1-3 Step R across L, step L to side, step R behind L

4 Turn  $\frac{1}{4}$  L [12] stepping fwd L

5-6 Step fwd R, turn  $\frac{1}{2}$  L [6]

7-8 Step fwd R, turn  $\frac{1}{2}$  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  $\frac{1}{4}$  [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  $\frac{1}{2}$  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](mailto:dancinsfun@gmail.com)