

# Sexy Mama

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate hip hop  
编舞者: Kash Bane (UK) & Danielle Smith  
音乐: 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 an 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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