

Hot 4 Mama

COPPER KNOB
STEPSHETS

拍数: 48 墙数: 1 级数: Beginner
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音乐: Hot Mama - Trace Adkins



TWO KICK-BALL CHANGES WITH RIGHT FOOT, ROCK FORWARD, THEN BACK, WITH HIP BUMPS ON BOTH ROCKS

1&2 Right foot kick ball change
3&4 Right foot kick ball change
5-6 Rock (step) forward on right foot with hip bumps
7-8 Right foot step back with hip bumps

Left foot stays in place on steps 5-8

TWO HALF TURNS TO THE LEFT, SHUFFLE TO RIGHT, ROCK-STEP

1-2 Step forward on right, ½ turn to left
3-4 Step forward on right, ½ turn to left
5&6 Right-left-right shuffle to right
7-8 Rock step left foot back behind right foot, shift weight forward on right foot

FULL TURN TO THE LEFT, STEP RIGHT WITH HIP BUMPS, STEP-PAUSE

1-2 Step left foot, right foot while starting full turn to left
3-4 Complete full turn, left foot step left, bring right foot beside left foot
5&6 Step right foot to right with hip bumps on '&6' (bump hips right, left)
7-8 Bring left foot beside right foot, hold

The next 24 counts are the mirror image of the first 24 counts

TWO KICK-BALL CHANGES WITH LEFT FOOT, ROCK FORWARD, THEN BACK, WITH HIP BUMPS ON BOTH ROCKS

1&2 Left foot kick ball change
3&4 Left foot kick ball change
5-6 Rock (step) forward on left foot with hip bumps
7-8 Left foot step back with hip bumps

TWO HALF TURNS TO THE RIGHT, SHUFFLE TO LEFT, ROCK-STEP

1-2 Step forward on left foot, turning ½ turn to right
3-4 Step forward on left foot, turning ½ turn to right
5&6 Left-right-left shuffle to left
7-8 Rock step right foot back behind left foot, shift weight forward on left foot

FULL TURN TO THE RIGHT, STEP LEFT WITH HIP BUMPS, STEP-PAUSE, BACK AT STARTING POSITION

1-2 Step right, left while starting full turn to right
3-4 Complete full turn, right foot step right, bring left foot beside right foot
5&6 Step left foot to left with hip bumps on '&6' (bump hips left, right)
7-8 Bring right foot beside left foot, hold

REPEAT