

# Hot Mama

拍数: 32      墙数: 4      级数: Improver east coast swing  
编舞者: Helen Born (USA) & Nita Lindley (USA)  
音乐: Hot Mama - Trace Adkins



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## 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

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