Hot Mama

拍数: 32 **墙数:** 2 **级数:** Improver west coast swing

编舞者: Kathy Sharpe-Arrant (USA)

音乐: Hot Mama - Trace Adkins

STEP, BEHIND, SIDE, ROCK, CROSS, ¼ TURN, BACK, COASTER STEP

1-2	Step right foot to right, cross left foot behind right
3&4	Step right foot to right, rock weight back onto left foot, cross right foot over left
5-6	Step left foot to left with 1/8 turn right, step right foot back with 1/8 turn right (to complete ¼ turn)
7&8	Coaster step back (step left foot back, step right foot together with left, step left forward)

PROGRESSIVE TOE STRUTS WITH HIPS, KICK BALL CHANGE, HOLD

1-2	Touch right toe forward, leading with right hip, step on right heel while rolling right hip out and back (to the right)
3-4	Touch left toe forward, leading with left hip, step on left heel while rolling left hip out and back (to the left)
5&6	Kick right foot forward, step on ball of right foot, change weight to left foot
7-8	Touch right toe forward, hold count 8 and pose

TWO ¼ TURN HIP ROLLS, MODIFIED JAZZ BOX, HOLD

1-2	With weight on left foot, roll hips to the left while turning ¼ turn left
3-4	Repeat 1-2 to complete ½ turn left
5-6	Cross right foot over left with weight, step back on left foot
&7-8	Step slightly back on ball of right foot, cross left foot over right with weight, hold

TOE STRUT WITH ¼ TURN RIGHT, ½ TURN PIVOT RIGHT, PUSH, ROCK, KICK, WALK, WALK

1-2	With body still on a diagonal from crossover hold, touch right toe to right while stepping into a ¼ turn to face original starting wall, step down on right heel to complete ¼ turn right
3-4	Step left foot forward, pivot ½ turn right ending with weight on right foot
5&6	Push slightly forward on ball of left foot, rock back onto right foot, kick left foot forward
&7-8	Step left foot together with right foot on "&", walk forward on right foot, walk forward on left foot

REPEAT

TAG

At the end of the 7th wall (this happens after the instrumental)

1-4	Rock right, left, right, left changing weight and bumping hips

Start the dance again from the beginning