

One Hot Mama

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michael Diven (USA)
音樂: Hot Mama - Trace Adkins



SIDE ROCK, CROSS SHUFFLE, FULL TURN, SIDE SHUFFLE

1-2 Rock right to right side, recover weight back to left
3&4 Cross right over left, side shuffle to left
5-6 Step left foot to left turning $\frac{1}{4}$ turn right, pivot $\frac{3}{4}$ turn right on ball of right foot
7&8 Side shuffle to left

KICK FRONT, KICK SIDE, TOUCH RIGHT TOE BEHIND LEFT, PIVOT $\frac{1}{2}$ TURN (RIGHT AND LEFT)

9-10 Kick right foot forward, kick right foot to right side
11-12 Touch right toe behind left foot, pivot $\frac{1}{2}$ turn right, switch weight to right foot
13-14 Kick left foot forward, kick left foot to left side
15-16 Touch left toe behind right foot, pivot $\frac{1}{2}$ turn left, switch weight to left foot

SIDE SHUFFLE RIGHT, $\frac{1}{2}$ TURN, HOLD, FULL TURNING SHUFFLE RIGHT, STEP, HOLD

17&18 Side shuffle to right side
19-20 Pivot $\frac{1}{2}$ turn right, hold, step weight on left foot
21&22 Shuffle right, left, right while turning 1 full turn to the right
23-24 Step left to left and hold

STEP $\frac{1}{4}$ TURN LEFT WITH HIP ROLLS X 3, STEP AND HEEL

25-26 Step forward on right foot, rotating hips left to right while pivoting $\frac{1}{4}$ turn to left (small circle)
27-28 Step forward on right foot, rotating hips left to right while pivoting $\frac{1}{4}$ turn to left (small circle)
29-30 Step forward on right foot, rotating hips left to right while pivoting $\frac{1}{4}$ turn to left (small circle)
31-32 Step right foot to right side, touch left heel forward

HEEL JACKS, $\frac{3}{4}$ TURN RIGHT, RIGHT KICK BALL CHANGE

&33&34 Step left in place, cross right over left, step left on left, touch right foot forward
&35&36 Step right foot in place, cross left behind right, step right on right, touch left foot forward
37&38 Step left foot in place, cross right over left, unwind $\frac{3}{4}$ turn to the left, weight on left foot
39&40 Right kick ball change

HIP BUMPS, 2 RIGHT, 2 LEFT, RIGHT, LEFT RIGHT, LEFT

41-42 Bump hips to right twice
43-44 Bump hips to left twice
45-48 Bump hips right, left, right, left

TOUCH, UNWIND $\frac{1}{2}$ TURN, TOUCH, UNWIND $\frac{1}{2}$ TURN, SIDE ROCK, SWEEP, STEP, CROSS

49-50 Touch right toe behind left foot, unwind $\frac{1}{2}$ turn switching weight to right foot
51-52 Touch left toe in front of right foot, unwind $\frac{1}{2}$ turn putting weight on left foot
53-54 Rock side right on right, rock left on left
55&56 Sweep right behind left, step left to left, cross right over left

ROCK FORWARD LEFT, STEP BACK RIGHT, COASTER LEFT, STEP RIGHT $\frac{1}{2}$ TURN LEFT, LEFT COASTER

57-58 Rock forward on left, step back on right
59&60 Left coaster step in place
61-62 Step forward on right foot, turn $\frac{1}{2}$ turn left weight on right foot

63&64

Shuffle left, right, left turning $\frac{3}{4}$ turn left

REPEAT
