

# Grown & Sexy

COPPERKNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Rhondi Hackett - December 2012  
音樂: Grown Folks - The Bar-Kays



16 count intro--start dancing slightly before lyrics; clockwise rotation; Start weight on L

1-2            Hesitation walk fwd R (touch R heel fwd, step down--this is not a heel slap, so make it smooth)

3-6            Repeat hesitation walks fwd L, R

7-8            Step fwd L, turn ½ R [6]

1-6            Hesitation walks fwd L, R, L

7-8            Step fwd R, turn ¼ L [3] (prepare to travel left)

1-3            Step R across L, step L to side, step R behind L

4              Turn ¼ L [12] stepping fwd L

5-6            Step fwd R, turn ½ L [6]

7-8            Step fwd R, turn ½ L [12]

(no turn option for 5-6-7-8: R rocking chair)

1&2&            Cross R over L, step L to side, touch R heel fwd, step onto R

3&4&            Cross L over R, step back R turning ¼ [9], touch L heel fwd, step onto L

5&6&            Cross R over L, step L to side, touch R heel fwd, step onto R

7&8            Cross L over R, step R to side, touch L heel fwd

1-4            Step L to side, swaying or bumping L, R, L, L

5-8            Walk fwd R, L, R, L

1-4            Step R to side, touch L toes behind R, touch to side, touch back

5-8            Step L to side, touch R toes behind L, touch to side, touch back (this is a touch only; prepare to rock back onto R)

1-2            Rock back R (open body to R diag, almost to side wall) recover L, squaring to face wall

3&4            Triple 360 L stepping RLR (no-turn option: triple in place)

5-6            Rock back L (open to L diag), recover R, squaring to wall

7&8            Triple 360 R stepping LRL (or triple in place)

1-5            Walk back R, L, R, L, R

6-7-8          Touch L toes behind R starting slow unwind ½ L [3], ending wt L

This is my best description of the steps the choreographer does in his video demo;  
I apologize for any errors. --Lisa McCammon, May 2013

Contact: [dancinsfun@gmail.com](mailto:dancinsfun@gmail.com)