

Grown & Sexy

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Rhondi Hackett; (Dec 2012)

Music: Grown Folks by the Bar-Kays; 86 BPM

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 $\frac{1}{2}$ R [6]
- 1-6 Hesitation walks fwd L, R, L
- 7-8 Step fwd R, turn $\frac{1}{4}$ L [3] (prepare to travel left)
- 1-3 Step R across L, step L to side, step R behind L
- 4 Turn $\frac{1}{4}$ L [12] stepping fwd L
- 5-6 Step fwd R, turn $\frac{1}{2}$ L [6]
- 7-8 Step fwd R, turn $\frac{1}{2}$ 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 $\frac{1}{4}$ [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 $\frac{1}{2}$ 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

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