

# ONE HOT MAMA

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Michael W. Diven

**Music:** Hot Mama by 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**