

# One Hot Mama

Choreographed by Michael Diven

**Description:** 64 count, 4 wall line dance

**Level:** Intermediate/Advanced

**Music Suggestions:** "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

This step sheet is provided by Michael Diven – Instructor/Choreographer for Dare 2 Dance Productions.

If you have any questions regarding this step sheet or for booking information please contact us at (717) 545-0138, e-mail us at [cwdance@localnet.com](mailto:cwdance@localnet.com) or visit us on the web at [www.dare2dance.net](http://www.dare2dance.net) Dare 2 Dance is available to teach at any country western dance venue across the country and abroad and produces a weekly worldwide newsletter. Send us an e-mail at [cwdance@localnet.com](mailto:cwdance@localnet.com) with "Subscribe" in the subject line.

**Rock Forward Left, Step Back Right, Coaster Left, Step Right 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 1/2 turn left (weight on right foot)  
63&64 Shuffle left, right, left turning 3/4 turn left

Repeat and have fun!!!



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