

# The Hot Trot

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Deb Crew (CAN)

Musik: Honky Tonk Women - Hank Williams, Jr.



## STEP OUT-OUT, STEP IN-IN; STEP OUT-OUT

- 1-2 Step out side left on left, step out side right on right (feet are apart)  
3-4 Step in on left, step in on right (feet are together)  
5-6 Step out side left on left, step out side right on right (feet are apart)

## HIPS FORWARD, RELAX & CLAP; HIPS FORWARD, RELAX & CLAP

- 7-8 Hips thrust forward and arms pull back (hoot as arms pull back), relax hips and clap  
9-10 Hips thrust forward and arms pull back (hoot as arms pull back), relax hips and clap

## STEP IN-IN; CIRCLE HIPS LEFT TO RIGHT - LEFT TO RIGHT

- 11-12 Step in on left, step in on right (feet are together)  
13-14 Circle hips left to right (circular motion to the left)  
15-16 Circle hips left to right (circular motion to the left)

- 17-32 Repeat steps 1 through 16

## ANGLE STEP FORWARD, STEP BEHIND, SHUFFLE IN PLACE

- 33-34 Step forward on 45 degree left angle on left, slide and step right in behind left  
35&36 One 3-step shuffle in place: left right left  
37-38 Step forward on 45 degree right angle on right, slide and step left in behind right  
39&40 One 3-step shuffle in place: right left right  
41-42 Step forward on 45 degree left angle on left, slide and step the right in behind left  
43&44 One 3-step shuffle in place: left right left  
45-46 Step forward on 45 degree right angle on right, slide and step the left in behind right  
47&48 One 3-step shuffle in place: right left right

## WALK BACK THREE STEPS; BALL-CROSS

- 49-51 Walk back left, walk back right, walk back left  
&52 Step side right, step left over right (weight on left - legs are crossed)

## RIGHT DRAG VINE; LEFT DRAG VINE

- 53-54 Step side right, drag and step left to right (weight on left)  
55-56 Step side right, touch left to right (weight on right)  
57-58 Step side left, drag and step right to left (weight on right)  
59-60 Step side left, touch right to left (weight on left)

## STEP-TOUCH; ¼ TURN LEFT, STEP RIGHT TOGETHER

- 61-62 Step side right, touch left to right (weight on right)  
63-64 Step ¼ turn left on left, step right beside left (weight on right)

## REPEAT