

Hot Flash

Count: 32

Wand: 4

Ebene: Intermediate international rumba

Choreograf/in: Bryan Simmons (USA)

Musik: Temperature - Sean Paul



JUMPING JACK STOMPS, BODYROLL

- 1 Jump out with both feet
- 2 Jump forward slightly and kick left foot forward
- 3 Jump out with both feet (right foot slightly more forward)
- 4 Roll weight up to right

JAZZ BOX ½ TURN

- 5 Cross left foot over right
- 6 Step back on right foot to 45 degree (prep for left turn)
- 7 Turn ½ turn left and big step left foot forward
- 8 Drag right foot to left

JUMPING JACK STOMPS, BODYROLL

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JAZZ BOX ¼ TURN

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- 7 Turn ¼ turn left and big step left foot forward
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SHUFFLE RIGHT ½ TURN, SHUFFLE LEFT

- 1&2 Shuffle right, end with right toe pointing right (prep for turn)
- & Pivot ½ turn right
- 3&4 Shuffle left

ROLLING VINE

- 5 Step right with right foot pointed to right (prep for turn)
- 6 Turn ½ turn right on right foot and step left with left foot
- 7 Turn ½ turn right on left foot and step right with right foot
- 8 Touch left next to right

MAMBO STEPS REVERSE PIVOT

- 1&2 Rock left foot forward, replace weight to right, touch left foot next to right
- 3&4 Rock left foot left, replace weight to right, touch left foot next to right
- 5&6 Rock left foot back, replace weight to right, touch left foot next to right
- 7&8 Rock left foot back, turn ¼ left, turn ¼ left touch right foot next to left

REPEAT
