

# Heat It Up

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Bryan McWherter (USA)

Musik: Heat It Up - 98 Degrees



## **KICK & ROCK, KICK & ROCK, KICK & ROCK, KICK & TOUCH**

- 1&2& Kick right foot forward, step right foot in place, rock left foot to left side, step right in place  
3&4& Kick left foot forward, step left foot in place, rock right foot to right side, step left in place  
5&6& Kick right foot forward, step right foot in place, rock left foot to left side, step right in place  
7&8 Kick left foot forward, step left foot in place, touch right toe to right side

## **TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, SWIVEL, SWIVEL, ¼ BUMP TURN (ROCKIN MY WORLD)**

- 9&10& Touch right toe to right side, step right foot in place, touch left toe to left side, step left in place  
11&12 Touch right toe to right side, hitch right knee in front of left leg, touch right toe to right side  
13-14 With heels together swivel them left, swivel center  
15&16 ¼ turn to left bumping hips in a counter clock wise motion

## **TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, SWIVEL, SWIVEL, ¼ BUMP TURN (ROCKIN MY WORLD)**

- 17&18& Touch right toe to right side, step right foot in place(&), touch left toe to left side, step left in place  
19&20 Touch right toe to right side, hitch right knee in front of left leg, touch right toe to right side  
21-22 With heels together swivel them left, swivel center  
23&24 ¼ turn to left bumping hips in a counter clock wise motion

## **RIGHT VINE, TOUCH, ROLLING VINE TO LEFT, TOUCH**

- 25-28 Step right to right, cross left behind right, step right to right side, touch left beside right  
29-32 Step left ¼ turn to left, on ball of left foot pivot ¼ turn left stepping right to right side, on ball of right pivot ½ turn to left stepping left to left side, touch right toe next to left foot

**REPEAT**

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