

# Smooth Heat

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Catherine Jones (CAN) & Nelson Clarke (USA)

Music: The Heat - Toni Braxton



## **WEAVE, ¼ TURN, PRESS, KICK, ¼ TURN STEP, CROSS, SLIDE**

- 1-2&3-4 Step left foot to left side, step right foot behind left, step left foot to left side, step right foot in front of left, making ¼ turn left step left forward
- 5-6-7&8 Press ball of right foot forward, recover weight to left foot kicking right foot forward (toe down), ¼ turn right stepping right foot to right side, cross left foot in front of right, make "large sliding" step with right foot to right side dragging left foot to meet right

## **SAILOR STEP, HALF TURN, SWEEP, COASTER STEP, WALK FORWARD TWICE**

- 1&2 Step left foot behind right, step right foot to left side, step left foot forward
- 3&4 Step right foot forward, pivot ½ turn weight ending up on right, sweep left foot from front to back
- 5&6 Step left foot back, step right foot beside left, step left foot forward
- 7-8 Walk forward right, walk forward left

## **ROCK RECOVER COLLECT, STEP TURN STEP, ½ TURN LEFT TWICE, STEP-LOCK-STEP**

- 1&2 Rock forward on right, recover back on left, step right foot beside left
- 3&4 Step left foot forward, make ½ turn right taking weight on right, step left foot forward,
- 5-6 Make ½ turn left stepping back on right, make ½ turn left stepping forward on left
- 7&8 Step right foot forward, lock left foot behind right, step right foot forward

## **HIP WALKS (LEFT-RIGHT-LEFT), KICK AND HITCH, VINE WITH LOCK, UNWIND ¾ LEFT**

- 1-2 Step left foot forward diagonally to left pushing left hip out, step right foot forward diagonally to right pushing right hip out
- 3&4 Step left foot forward diagonally to left pushing left hip out, kick right foot forward right (point toe down), hitch right knee up (point toe down) leaning body back slightly
- 5 Step right foot to right side
- 6&7 Step left foot behind right, step right foot to right side, lock left foot behind right
- 8 Unwind ¾ turn to left (weight should be on left)

## **WEAVE, TOUCH, ROCK RECOVER WITH HITCH, COASTER STEP**

- 1 Step right foot to right side
- 2&3&4 Step left foot behind right, step right foot to right side, cross left foot over right, step right foot to right side, touch left foot forward diagonally to the left keeping right knee bent
- 5-6 Transfer weight to left foot straightening left leg while bending right leg, recover weight back to right foot straightening right leg while hitching left left forward (point toe down) leaning body back slightly
- 7&8 Step left foot back, step right foot beside left, step left foot forward

## **HALF TURN LEFT TWICE, STEP-LOCK-STEP, HITCH, ¼ TURN POINT, HITCH ¾ TURN, POINT**

- 1&2 Step right foot forward, make ½ turn left taking weight onto left, make another ½ turn left collecting right foot next to left (weight should end up on right)
- 3&4&5 Step back on left, cross right foot over left (lock), step left foot back, step right foot back, hitch left knee up (point toe down)
- 6 Step left foot forward
- 7&8 Pivot ¼ turn left pointing right toe to right side, hitch right knee up while making ¾ turn left ending turn with right foot next to left calf with toe pointing down, point right toe to right side

## **POINT & POINT, BODY ROLL TWICE, POINT, CROSS, SHUFFLE**

&1& Step right foot next to left, point left toe to left side, step left foot next to right  
2-3&4&5 Step right foot to right side starting body roll to right, taking weight on right finish body roll,  
step left foot next to right, body roll right stepping right foot to right side, step left foot next to  
right, point right toe to right side  
6 Cross right foot over left  
7&8 Step left foot to left side, step right foot next to left, step left foot to left side

### **SAILOR STEP, WEAVE, TOUCH, ROCK, RECOVER-ROCK-RECOVER WITH HITCH**

1&2 Step right foot behind left, step left foot to left side, step right foot to right side  
3&4&5 Step left foot behind right, step right foot to right side, cross left foot over right, step right foot  
to right side, touch left toe forward diagonally to the left keeping knee bent  
6 Transfer weight to left foot while straightening left leg and bending right leg  
7&8 Recover weight back to right foot while straightening right leg and bending left leg, transfer  
weight to left foot while straightening left leg and bending right leg, recover weight back to  
right foot while straightening right leg and hitching left leg (point toe down) diagonally forward  
to left leaning body back slightly

### **REPEAT**

### **ENDING**

The music fades out on the 5th wall. The dance will end at count #32 ( $\frac{3}{4}$  unwind) change the  $\frac{3}{4}$  unwind to a full turn if you want to end facing the front wall.

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