

# Canned Heat

Count: 32

Wall: 4

Level: Improver

Choreographer: John Robinson (USA)

Music: Canned Heat - Jamiroquai



## RIGHT VINE, LEFT TOUCH, HIP BUMPS LEFT-RIGHT-LEFT-RIGHT

- 1-2 Right step side right; left step across behind right
- 3-4 Right step side right; left touch next to right
- 5-6 Bump hips left; bump hips right
- 7-8 Bump hips left; bump hips right (weight on right foot)

## LEFT STEP ¼ TURN LEFT, RIGHT STEP ¼ TURN LEFT, LEFT ROCK, RIGHT RECOVER, LEFT, STEP FORWARD, RIGHT TOGETHER, SYNCOPATED KNEE KNOCK

- 1-2 Left step ¼ turn left; pivot ¼ left on ball of left foot stepping right foot about shoulder width apart from left
- 3-4 Left rock ball of foot behind right heel; right step in place
- 5-6 Left step forward; right step next to left
- &7&8 With weight on left foot, bend knees outward slightly, bend knees inward, bend knees outward slightly, bend knees inward

Option: click heels twice on &7&8. With weight primarily on left foot, spread heels, click together, spread heels, click heels together

## WALK RIGHT, LEFT, RIGHT KICK, STEP HOME, LEFT TOE TAP BACK, STEP HOME, RIGHT STEP FORWARD, ½ PIVOT LEFT

- 1-2 Right step forward; left step forward
- 3-4 Right kick forward; right step next to left
- 5-6 Left toe tap back; left step next to right
- 7-8 Right step forward; pivot ½ left shifting weight left

## WALK RIGHT, LEFT, RIGHT KICK, STEP HOME, LEFT TOE TAP BACK, STEP HOME, RIGHT STEP FORWARD, ¼ PIVOT LEFT

- 1-2 Right step forward; left step forward
- 3-4 Right kick forward; right step next to left
- 5-6 Left toe tap back; left step next to right
- 7-8 Right step forward; pivot ¼ left shifting weight left

**REPEAT**

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