

# Canned Heat

**Count:** 32

**Wall:** 4

**Level:** Intermediate hustle

**Choreographer:** Brandi Hughes (CAN)

**Music:** Canned Heat - Jamiroquai



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## **BODY ROLL, HEEL BOUNCE, ELBOW POP, SAILOR STEP, SHUFFLE FORWARD**

- 1-2 Roll body starting from head down
- 3-4 Bounce both heels (clap), press right elbow out to right side (taking weight onto right)
- 5&6 Cross left foot behind right, step right to right side, step left to left side
- 7&8 Step right foot forward, bring left beside right, step right foot forward

## **PIVOT ¼ TURN, SYNCOPATED VINE, POINTS, FLICK HEEL**

- 1-2 Step forward with left foot, pivot ¼ turn to right shoulder taking weight onto right
- 3&4 Cross left behind right, step right to right side, cross left over right
- 5&6& Point right to right side, step together, point left to left side, step together
- 7-8 Point right to right side, flick right heel up

## **SYNCOPATED JAZZ BOX, SAILOR STEP, HEEL DIGS AND TOE POINTS**

- 1&2 Cross right over left, step back left, step right to right side
- 3&4 Cross left behind right, step right to right side, step left to left side
- 5&6& Place right heel forward, step together, point left toe back, step together
- 7&8 Place right heel forward, step together, point left toe back

## **MODIFIED SWAMP THINGS (TWICE), KICK BALL POINT, SHUFFLE RIGHT**

- &1-2 Cross right behind left, step right to right side, heel bounce (clap)
- &3-4 Cross right behind left, step right to right side, heel bounce (clap)
- 5&6 Kick left across right, step left to left side, point right to right side
- 7&8 Step right to right side, step left beside right, step right to right side

## **REPEAT**

**At the start of the dance the weight is on both feet with more slightly on the left until the elbow pop**

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