

# Long 'n' Hot

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Jo Kinser (UK), John Kinser (UK) & Junior Willis (USA)

Musique: Long Hot Summer - Girls Aloud



## RIGHT AND LEFT HEEL AND RIGHT KICK BALL CROSS, RIGHT BACK, SIDE LEFT, RIGHT CROSS, SIDE - SHAKE LEFT, CENTER, LEFT

- 1&2& Point right to right side, step right next to left, touch left heel forward, step left next to right  
3&4 Kick right diagonal forward right, step right next to left, cross left over right  
5&6 Step right in place, step left back and to the side left, cross right over left  
7 Step left side left placing palms on cheek bones on face and shake head to the left  
&8 With hands still on cheek bones in place shake head center, then left again

**Option: if you do not want to shake your head just do hip bumps in place instead**

## RIGHT STEP LOCK & LEFT STEP LOCK &, POINT RIGHT, ¼ RIGHT, LEFT TRIPLE CROSS

- 1-2& Right step forward, left lock behind right, right step forward  
3-4& Left step forward, right lock behind left, left step forward  
5-6 Point right side right, make ¼ turn right step right next to left place right palm next to right face cheek  
7 Cross left over right and isolate right hand from wrist and chop hand forward and look left  
& Step right side right looking forward and bring hand back to face cheek  
8 Cross left over right and isolate right hand from wrist and chop hand forward and look left

## RIGHT SWEEP, PRESS, BOUNCE, BOUNCE, HITCH, STEP LOCK, RIGHT LOCK STEP FORWARD

- 1-2 Sweep right from back to front, pressing right forward in place  
3&4 Bounce on both heels, bounce on both heels, transfer weight to left foot hitching right knee  
5-6 Step right forward, lock left behind right  
7&8 Step right forward, lock left behind right, step right forward

## LEFT ROCK STEP, LEFT TRIPLE ½ TURN, LIFT STEP, LEFT STEP LOCK STEP

- 1-2 Rock left forward, replace weight right  
3&4 Step left ¼ turn left, step right next to left, step left ¼ turn left  
5 Raise up on the ball of the left foot and bring the right hip up raising the right leg off the floor  
6 step right forward  
7&8 Step left forward, lock right behind left, step left forward

**Option:**

- 5-6-7&8 Right kick, step forward right, run forward left, right, left

**REPEAT**

---