

# Heat Stroke

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Beth Ronfeldt (USA)

**Musique:** She's So Hot - Eric Heatherly



**Begin dance either after 4 count of drum sticks or wait 32 more counts**

## **VINE RIGHT WITH ¼ TURN, HOLD, STEP SCUFF 2X**

- 1-4 Step right foot to right side, step left foot behind right, step right foot forward a ¼ turn right, hold
- 5-6 Step left foot forward, scuff right foot forward
- 7-8 Step right foot forward, scuff left foot forward

## **ROCK FORWARD LEFT, ½ TURN, HOLD, HEELS, TOES, HEELS, TOES**

- 1-2 Rock left foot forward, recover weight onto right foot
- 3-4 Pivot on right foot ½ turn left and step left foot forward, hold
- 5 Placing feet together, swivel heels to the right
- 6 Swivel toes to the right
- 7 Swivel heels to the right
- 8 Swivel toes to the right

## **JAZZ BOX, HOLD, STEP, HOLD, ½ PIVOT, HOLD**

- 1-4 Cross left foot over right, step right foot back, step left foot beside right, hold
- 5-6 Step right foot forward, hold
- 7-8 Pivot ½ turn left, hold

## **WALK, ½ PIVOT WITH HEEL TOUCH, HOLD, KNEE POPS (OR DWIGHT SWIVELS)**

- 1-4 Step right foot forward, step left foot forward, pivot on left foot ½ turn right and touch right heel forward, hold
- 5 Drop right toes and with weight on ball of right foot, pop right knee inward
- 6 Pop right knee outward
- 7 Pop right knee inward
- 8 Pop right knee outward

## **REPEAT**

**Option: instead of knee pops on the last 4 counts, you can do Dwight swivels:**

- 5 Swivel left heel right and touch right toes in
  - 6 Swivel left toes right and touch right heel in
  - 7 Swivel left heel right and touch right toes in
  - 8 Swivel left toes right and touch right heel in
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