

Hot! (zh)

拍数: 112 墙数: 1 级数: Improver
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音乐: Hot - Kalomira



前奏: Start dance after 48 counts (on vocals) at time track 00:23

- 第一段** **Kick-Cross Back Back, Heel-Ball-Cross, Side Rock, Recover, Sailor Cross** 踢-交叉 後 後, 踏-收-交叉, 側下沉回復, 水手交叉
- 1&2& Kick right forward, cross right over left, step left back, step right back 右足前踢, 右足於左足前交叉踏, 左
踢交叉踏 足後踏, 右足後踏
踏
- 3&4 Touch left heel forward, step left beside right, cross right over left 左足踵前點, 左足併踏, 右足於左足前交
踵收交叉 叉踏
- 5-6 Rock left to left, recover weight onto right
左下沉回 左足左下沉, 右足回復
復
- 7&8 Cross left behind right, step right to right, cross left over right 左足於右足後交叉踏, 右足右踏, 左足於右足
後旁交叉 前交叉踏
- 第二段** **Side Touch, Together, Heel, Together, Figure '4' Hitch, ¼ Right Turn, Side Touch, Syncopated Jazz Box, ½ Right Turn**
側點, 併, 踵, 併, 抬4, 右1/4, 側, 點, 變奏爵士方塊, 右1/2
- 1&2& Touch right toe to right, step right beside left, touch left heel forward, step left beside right
點收踵收 右足趾右點, 右足併踏, 左足踵前點, 左足併踏
- 3&4 Hitch right into a figure '4', execute ¼ turn right and then step right beside left, touch left toe to left
抬 90 點 右足抬成數字4的形狀, 右轉90度右足併踏, 左足趾左點
- 5,6&7 Cross left over right, step right back, step left beside right, step right forward
Jazz Box 左足於右足前交叉踏, 右足後踏, 左足併踏, 右足前踏
- 8 轉 Execute ½ turn right and then step left back
右轉180度左足後踏
- 第三段** **½ Right Chasse Turn, Forward Rock, Recover, Back, Travelling Back ½ Left Turning Triple Step, ½ Right Sweep Turn**
右1/2追步, 前下沉回復, 後, 後移左轉1/2小三步, 右1/2繞轉
- 1&2 Execute ¼ turn right and then step right to right, step left beside right, execute further ¼ turn right and
轉交換 then step right forward
右轉90度右足右踏, 左足併踏, 右轉90度右足前踏
- 3-5 Rock left forward, recover weight onto right, step left back
前下沉回 左足前下沉, 右足回復, 左足後踏
復踏
- 6&7 Step right back, execute ½ turn left and then step left forward, step right forward 右足後踏, 左轉180度左
後踏轉踏 足前踏, 右足前踏
- 8 繞轉 Execute ½ turn right as you sweep left around
右轉180度左足前繞
- 第四段** **Cross, Side, Twinkle Patterns ***
交叉, 側, 華士步 (重覆)
- 1-2 Cross left over right, step right to right
交叉 踏 左足於右足前交叉踏, 右足右踏
- 3&4 Cross left over right, step right to right, step left to left
右Twinkle 左足於右足前交叉踏, 右足右踏, 左足左踏

5-6 Cross right over left, step left to left
交叉踏 右足於左足前交叉踏, 左足左踏

7&32 Cross right over left, step left to left, step right to right *TAG
左Twinkle 右足於左足前交叉踏, 左足左踏, 右足右踏

4-COUNTS TAG: DURING the 3rd rotation, dance till the 32nd count.. You will be facing 3 O' clock. Add in the following 4-counts tag

第三面牆跳至第32拍, 面向3點鐘時, 加下面4拍

¼ Left Twinkle Turning Pattern, Touch-Ball-Cross
左1/4華士步轉, 點-收-交叉

1&2 Cross left over right, execute ¼ turn left and then step right to right, step left to left
左90Twinkle 左足於右足前交叉踏, 左轉90度右足右踏, 左足左踏

3&4 Touch right beside left, step right beside left, cross left over right 右足併點, 右足併踏, 左足於右足前交叉踏
點收交叉

Now you should be facing 12 O' Clock. Continue the dance from the 49th count onwards 此時面向12點鐘, 從第49拍(第七段)接續跳起

第五段 Kick, Back, Cross Touch, Travelling Forward ½ Right Turning Triple Steps 踢, 後, 交叉點, 右1/2小三步

1&2 Kick left forward, step left back, cross touch right toe over left
踢踏點 左足前踢, 左足後踏, 右足趾於左足前交叉點

3&4 Step right forward, execute ½ turn right and then step left back, step right back 右足前踏, 右轉180度左足後踏, 右足後踏

5&6 Kick left forward, step left back, cross touch right toe over left
踢踏點 左足前踢, 左足後踏, 右足趾於左足前交叉點

7&8 Step right forward, execute ½ turn right and then step left back, step right back 右足前踏, 右轉180度左足後踏, 右足後踏

第六段 Ball-Forward Touch And "Sit", Hold & Pose, ¼ Left Turn Hip Roll, Side And Crouch, Funky Upper Body Rocks
併-點, pose, 左1/4擺臀轉, 側蹲, 擺動身體

&1 併點 Step left beside right, touch right toe forward into a "sit" position 左足併踏, 以坐姿右足趾前點

2 手抬 Remaining in the "sit" position above, pose by swinging both arms up above head so that right palm rest over left palm (both palms facing forward)
保持坐姿: 雙手舉高過頭, 右手掌於左手掌前交叉, 雙手掌面向前

3-4 擺臀 拖併 Remaining in the pose above and over 2 counts, roll hips anti-clockwise as you execute ¼ turn left. End the hip roll by recovering into upright standing position with right toe drag to touch beside left (weight remaining on left)
保持2拍坐姿: 逆時針擺臀左轉90度, 右足趾拖併點重心在左足

5-6 踏 拖併 Step right to right as you begin to crouch down, drag left to right over right toe, left foot drag
Optional: On counts 5-6, you may place each hand on each thigh while executing the crouch. 當蹲時, 雙手放至大腿處

&7&8 身體擺動 step beside right as you recover to upright standing position.
Pump and rock upper body forward, back, forward, back
左足併踏身體站直, 身體前後前後擺動
Also, on counts &7&8, you may position both hands (slightly apart with both palms facing forward) in front of the chest while you pump and rock your upper body.
雙手略分開, 雙手掌向前, 當身體擺動時放在胸前配合擺動

第七段 Side Kick Twice, Sailor Cross, Side With Body Roll Twice
側踢二次, 水手交叉, 側轉身二次

1-2 踢踢 Kick right to right twice 右足右踢二次
Styling: On counts 1-2, you may throw right arm to right and left arm up on each kick. 在1-2拍時右手向右伸展, 左手向上舉

3&4 後旁交叉 Cross right behind left, step left to left, cross right over left
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

- 5-6 Step left to left and then over 2 counts roll body to left (end with right toe touched beside left)
擺點 左足左踏以2拍身體轉向左結束時右足趾併點
- 7-8 Step right to right and then over 2 counts roll body to right (end with left toe touched beside right)
擺點 右足右踏以2拍身體轉向右結束時左足趾併點

第八段 Side Kick Twice, Sailor Cross, Side With Body Roll Twice
側踢二次, 水手交叉, 側轉身二次

- 1-2 Kick left to left twice 左足左踢二次
踢踢
Styling: On counts 1-2, you may throw left arm to left and right arm up on each kick. 在1-2拍時右手向右伸展, 左手向上舉
- 3&4 Cross left behind right, step right to right, cross left over right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
後旁交叉
- 5-6 Step right to right and then over 2 counts roll body to right (end with left toe touched beside right)
擺點 右足右踏以2拍身體轉向右結束時左足趾併點
- 7-8 Step left to left and then over 2 counts roll body to left (end with right toe touched beside left)
擺點 左足左踏以2拍身體轉向左結束時右足趾併點

第九段 Hip Thrusts, Scissors Cross, Coaster Step, Forward, Pivot ½ Right Turn 擺臀, 剪刀交叉, 海岸步, 前, 軸轉1/2

- 1&2& Thrusts right hip up, down, up, down ending weight onto right
擺臀 擺動右臀抬高, 放下, 抬高, 放下, 最後重心在右足
Styling: On counts 1&2&, you may place left hand behind head and right hand on right hip or any other arm gestures! Make these thrusts sensuous!! 左手放在頭後, 右手放在右臀部
- 3&4 Step left to left, step right beside left, cross left over right
剪刀步 左足左踏, 右足併踏, 左足於右足交叉踏
- 5&6 Step right back, step left beside right, step right forward
海岸步 右足後踏, 左足併踏, 右足前踏
- 7-8 Step left forward, pivot ½ turn right
踏轉 左足前踏, 右軸轉180度

第十段 Forward, ½ Left Sweep Turn, Forward, ½ Right Sweep Turn, ½ Right Turning Jazz Box
前, 左1/2繞轉, 前, 右1/2繞轉, 右1/2爵士方塊轉

- 1-2 Step left forward, execute ½ left turn as you sweep right around
踏繞轉 左足前踏, 左轉180度右足繞
- 3-4 Step right forward, execute ½ right turn as you sweep left around
踏繞轉 右足前踏, 右轉180度左足繞
- 5-8 Cross left over right, cross right over left, execute ¼ turn right and then step left back, execute further ¼ turn right and then step right beside left
交叉 交叉
90 90 左足於右足前交叉踏, 右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足併踏

第十一段 Side Kick Twice, Sailor Cross, Side With Body Roll Twice
側踢二次, 水手交叉, 側轉身二次

- 1-2 Kick left to left twice 左足左踢二次
踢踢
Styling: On counts 1-2, you may throw left arm to left and right arm up on each kick. 在1-2拍時右手向右伸展, 左手向上舉
- 3&4 Cross left behind right, step right to right, cross left over right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
後旁交叉
- 5-6 Step right to right and then over 2 counts roll body to right (end with left toe touched beside right)
擺點 右足右踏以2拍身體轉向右結束時左足趾併點
- 7-8 Step left to left and then over 2 counts roll body to left (end with right toe touched beside left)
擺點 左足左踏以2拍身體轉向左結束時右足趾併點

第十二段 Side Kick Twice, Sailor Cross, Side With Body Roll Twice
側踢二次, 水手交叉, 側轉身二次

- 1-2 Kick right to right twice 右足右踢二次
 踢踢 Styling: On counts 1-2, you may throw right arm to right and left arm up on each kick. 在1-2拍時右手向右伸展, 左手向上舉
- 3&4 Cross right behind left, step left to left, cross right over left
 後旁交叉 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Step left to left and then over 2 counts roll body to left (end with right toe touched beside left)
 擺點 左足左踏以2拍身體轉向左結束時右足趾併點
- 7-8 Step right to right and then over 2 counts roll body to right (end with left toe touched beside right)
 擺點 右足右踏以2拍身體轉向右結束時左足趾併點

第十三段 Hip Thrusts, Scissors Cross, Coaster Step, Forward, Pivot ½ Left Turn 擺臀, 剪刀交叉, 海岸步, 前, 軸轉1/2

- 1&2& Thrusts left hip up, down, up, down ending weight onto left
 擺臀 擺動左臀抬高, 放下, 抬高, 放下, 最後重心在左足
 Styling: On counts 1&2&, you may place right hand behind head and left hand on left hip or any other arm gestures! Make these thrusts sensuous!! 右手放在頭後, 左手放在左臀部
- 3&4 Step right to right, step left beside right, cross right over left
 剪刀步 右足右踏, 左足併踏, 右足於左足前交叉踏
- 5&6 Step left back, step right beside left, step left forward
 海岸步 左足後踏, 右足併踏, 左足前踏
- 7-8 Step right forward, pivot ½ turn left
 踏轉 右足前踏, 左軸轉180度

第十四段 Forward, ½ Right Sweep Turn, Forward, ½ Left Sweep Turn, ½ Left Turning Jazz Box 前, 右1/2繞轉, 前, 左1/2繞轉, 左轉1/2爵士方塊

- 1-2 Step right forward, execute ½ right turn as you sweep left around
 踏繞轉 右足前踏, 右轉180度左足繞向前
- 3-4 Step left forward, execute ½ left turn as you sweep right around
 踏繞轉 左足前踏, 左轉180度右足繞向前
- 5-8 Cross right over left, cross left over right, execute ¼ turn left and then step right back, execute further ¼ turn left and then step left beside right
 交叉 交叉 90 90 右足於左足前交叉踏, 左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足併踏
-