

Heatwave

拍数: 40 墙数: 2 级数: High Improver
编舞者: Shaz Walton (UK) - March 2015
音乐: Heatwave - The Overtones



Intro - 16 counts....

INTRO! -On Count 16.....(OPTIONAL! fun purposes only :-)

(Remember... if you want to... you can bump your hips all the way through the Intro! :-)

Bring both arms up on **ARRRRRHHH** for 8 counts

Brush your right hand through your hair, as if you are hot & in a Heatwave! ... for 4 counts Then your left for 4 counts

Start the dance.....

S1: Walk. Walk. Rocking chair. Walk Walk. Dip. Kick. Dip. Kick.

1-2 Walk forward- right left.

3&4& Rock forward right. Recover left. rock back right. Recover left.

5-6 Walk forward- right left.

7&8& Touch right beside left (bend knees) recover & kick right forward. Touch right beside left (bend knees) recover & kick right forward.

S2: Walk back. Walk back. Coaster step. Step 1/4 . Cross. Touch, out, in, big side.

1-2 Walk back right. Walk back left.

3&4 Step back right. Step back left. Step forward right.

5&6 Step forward left. Make 1/4 right. Cross step left over right.

7&8 Touch right to right side. Touch right in. Step right a large step to right dragging left in.

S3: Rock back. Recover. Side. Rock back. Recover. Side. Rock back. Recover 1/4. Step back. Step side.

1&2 Cross rock left behind right. Recover on right. Step left to left side.

3&4 Cross rock right behind left. Recover on left. Step right to right side.

5&6 Cross rock left behind right. Recover on right. Step left 1/4 turn left.

7-8 Step back on right. Step left to left side. (bumping left hip to left)

S4: Bump - R-L-R Coaster step. Bump R-L-R. Sailor 1/4 turn right.

1&2 Bump your hips R-L-R (as you brush your right hand through your hair- Optional)

3&4 Step back left. Step back right. Step left to left side.

5&6 Step right to right as you bump hips R-L-R (as you brush your left hand through your hair- optional)

7&8 Step left behind right. Make 1/4 right as you step right to right side. Step left to left side.

****Restart- See Below****

S5: Jazz box. Step. pivot 1/2. 1/2. 1/4.

1-2-3-4 Cross step right over left. Step back left. Step right to right side. Step left forward.

5-6 Step right forward. Make 1/2 pivot turn left.

7-8 Turn 1/2 turn right. Make 1/4 right stepping left to left side.

Res/Tag: On wall 3 dance up to count 30 - exchange the sailor 1/4 for a sailor step facing 12 o clock. Then Restart the dance from here facing the front.

Big finish!!! on the dip kick! ARMS IN THE AIR LIKE YOU JUST DONT CARE!!!