

Hot Cold Hot

拍数: 64 墙数: 2 级数: Easy Intermediate
编舞者: Lisa McCammon (USA) - October 2017
音乐: Perm - Bruno Mars : (CD: 24K Magic)



Start after heavy beats, approx. 13 seconds in - Start weight on L

NOTE: This can be a floor split for Lay It Back, the phrased advanced dance by Shane McKeever, Fred Whitehouse, and Guyton Mundy. I tried to keep the feel of their wonderful choreography while making it more accessible for my students. No tags or restarts. See also Lay It Back A Little for an improver version.

[S1] HITCH, SIDE, BACK ROCK, RECOVER; SIDE, BEHIND, BALL-CROSS-&-CROSS

1-6 Hitch R, step R to side, rock back L, recover R, step L to side, step R behind
&7&8 Step L to side, cross R, side L, cross R

[S2] TURN, HITCH, TOUCH TOES BACK, HITCH; PONY BACK RLR, LRL

1-4 Turn left ¼ [9] stepping forward L, hitch R, touch R toes back, hitch R
5&6 Open slightly to right diagonal and step back R, close L, step back R (hitch L when stepping back R)
7&8 Open slightly to left diagonal and step back L, close R, step back hitch L (hitch R when stepping back L)

[S3] ¼ STOMP, HOLD, STOMP, HOLD, LEAN FWD, HOLD, LEAN BACK, HOLD

1-2 Turn right ¼ squaring to [12] stomping side R, HOLD
3-4 Stomp L in place, HOLD (feet apart)
5-6 Step R forward to right diagonal, leaning forward, HOLD
7-8 Lean back onto L, HOLD (prepare to rock BACK)

[S4] BACK ROCK, RECOVER, SIDE, TOUCH L BEHIND; PULSE UP, DOWN, UP, DOWN

1-4 Rock R back, recover L, step R to side, touch L toes behind R, bending knees (snap on touch)
5-8 Keeping feet in same position, rise slightly by straightening knees, bend knees/snap; repeat

[S5] VINE L, TOUCH; BOOTY SWING R, L

1-4 Step L to side, step R behind, step L to side, touch R home
5-6 Swing booty around counterclockwise for two counts ending weight R
7-8 Swing booty around clockwise for two counts, ending weight L

(Note: when doing counts 5-8, imagine "cleaning the fishbowl" by swiping booty back and to the right first, then back and to the left to get what you missed.)

[S6] KICK-&-POINT, KICK-&-POINT, STEP, TURN, STEP, TURN

1&2 Kick R forward, step R home, point L toes to side
3&4 Kick L forward, step L home, point R toes to side
5-8 Step forward R, turn left ½ [6]; step forward R, turn left ½ [12]

[S7] BIG STEP FORWARD, HOLD, ROCK, RECOVER; "MASHED POTATOES" BACK L, R, L, R

1-4 Big step forward R, drag L toes, rock forward L, recover R
5&6 Step back L, turning both heels in, swing R back turning heels out, step back R, turning heels in
&7&8 Swing L back turning heels out, step back L, turning heels in, swing R back turning heels out, step back R

[S8] BACK ROCK, RECOVER, TRIPLE RIGHT ½; BACK ROCK, RECOVER, KICK-BALL-CHANGE

1-2 Rock back L, recover R

3&4 Turn right $\frac{1}{4}$ [3] stepping L to side, close R, turn right $\frac{1}{4}$ [6] stepping back L
5-6 Rock back R, recover L
7&8 Kick R, step R home, step L home (prepare to hitch R)

The dance will end with the $\frac{1}{4}$ turn right stomp on count 1 of the third set. When you step to the side, fling hands out, elbows in, palms down—BAM!

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