

Hot Stuff AB - (aka Hard For The Money - AB)

COPPER STEPSHEETS **KNOB**

拍数: 32 墙数: 4 级数: Absolute Beginner
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音乐: Hot Stuff - Donna Summer
或: She Works Hard for the Money - Young Divas



Start 64 Counts In "Sitting" I will shorten music to a 32 count intro
Start 8 Counts In, "Hard"

Note I have written this for the students at Sherbrooke U3a Melbourne Australia.
This dance, Reinforces Vines Hip Bumps. V Steps & Out Out In In
New Step are Shoops Steps My Beginner Programme Dance number 4

S 1 (1 – 8) SHOOP (step together) RIGHT AND LEFT with arms

1-2 Step Right Diagonally Forward, Step Left Beside Right
3-4 Step Right Diagonally , Flick Left Foot Slightly off floor into Left Diagonal
5-6 Step Left Diagonally Forward, Step Right Beside Left
7-8 Step Left Diagonally Forward, ,Flick Right Foot Slightly Back Off Floor

Styling Option Pushing Both Arms Together Bent Elbows (Forward And Back To Right Diagonal X2 Then Repeat On Left Diagonal x2

S 2 (9 – 16) V STEPS x 2

1-2 Step Right Diagonally Forward, Step Left Diagonally Forward
3-4 Step Right Back, Step Left Beside Right
5-6 Step Right Diagonally Forward, Step Left Diagonally Forward
7-8 Step Right Back, Step Left Beside Right

S 3 (17 – 24) VINE, TOUCH, ¼ L VINE, TOUCH

1-2 Step Right Side, Cross Left Slightly Behind Right
3-4 Step Right Side, Touch Left Beside Right
5-6 Step Left Side, Cross Right Behind Left
7-8 *Turn ¼ L Step Left Forward, Touch Right Beside Left (9.00)

S 4 (25 –32) OUT, OUT, IN, IN, HIP BUMPS R, L, R, L

1-2 Step Right Side, Step Out Left Side
3-4 Step Right In, Step Left Beside Right
5-6 Step Right Side Bump Hips Right, Bump Hips Left
7-8 Bump Hips Right, Bump Hips Left (Wgt Left)

Hot Stuff Music Dance Ends At The Front

DANCE ENDS FACING 6.00 : AFTER LAST V STEP, TURN TO LEFT AND WALK 4 STEPS TO FRONT AND POSE □

1 – 4 V STEP ARMS Right Hand Up/Out, Left Hand Up/Out Right Hand Down, Left Hand Down

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