

Miami Heat

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Lee Crooks (UK) & Glad Jackson (UK)
音乐: Miami - Will Smith



HEEL SWITCHES, HEEL SWIVELS

- 1& Touch right heel forward, replace beside left
- 2& Touch left heel forward, replace beside right
- 3& Step forward right, swivel heels to the right
- 4& Swivel heels back in place, replace right beside left
- 5& Touch left heel forward, replace beside right
- 6& Touch right heel forward, replace beside left
- 7& Step forward left, swivel heels to the left
- 8& Swivel heels back in place, replace left beside right.

HEEL & TOE SWITCHES WITH ¼ TWIST LEFT, TWIST ¼ TURN RIGHT, HEEL BUMPS TURNING ¼ LEFT

- 1&2 Touch right heel forward, step right next to left, step left toe back
- &3 Step left next to right, touch right toe back
- &4 Step right next to left, touch left heel forward
- &5 Step left next to right, step right foot forward
- 6-7 Twist ¼ left, twist ¼ right
- &8 Heel bump (lifting both heels off ground and replace) turning 1/8 left, heel bump turning 1/8 left

KICK BALL STEP, HEEL BUMPS, CROSS STEPS MOVING LEFT

- 1&2 Kick left foot forward, step left foot next to right, step right foot to right side
- 3-4 Two heel bumps on left foot (no turn) (weight remains on right foot)
- &5 Step down on to left foot, step right foot over left
- 6 Hold for one count
- &7 Step left foot to left side, step right foot behind left
- 8 Hold for one count

¼ TURN LEFT, STEP FORWARD, ½ TURN LEFT, RIGHT SHUFFLE, SHUFFLE TURN, ROCK STEPS

- &1 Turn left foot ¼ turn left, step right foot forward in front of left
- 2 Pivot ½ turn left
- 3&4 Step forward right, step left beside right, step forward right
- 5&6 Triple step - left, right, left turning ½ to the right
- 7-8 Rock back right, rock on to left

MASHED POTATO STEPS. (CHARLESTON SWIVELS)

- &1 Swivel toes in, swivel toes apart sliding right foot forward
- &2 Swivel toes in, swivel toes apart sliding right foot back
- &3 Swivel toes in, swivel toes apart sliding right foot forward
- &4 Swivel toes in, swivel toes apart sliding left foot forward
- &5 Swivel toes in, swivel toes apart sliding right foot forward
- &6 Swivel toes in, swivel toes apart sliding left foot forward
- &7 Step right foot to right side, step left foot to left side
- &8 Step right foot back to center, step left foot back to center

Option: if you do not like mashed potato steps, then replace all of section 5 with the following, then carry on the rest of the dance as normal...

- 1&2 Rock forward on right foot, step on to left foot, step right beside left

- 3&4 Rock back on left foot, step on to right foot, step left foot forward
5-6 Step forward on right, step forward on left
&7&8 Step right foot to right side, step left foot to left side, step right foot back to center, step left foot back to center

ROCK STEPS, PIVOT TURNS

- 1& Rock forward on right foot, rock on to left foot
2& Rock back on right foot, rock on to left foot
3-4 Step right foot forward, turn $\frac{1}{4}$ left. (weight ends on left foot)
5& Rock forward on right foot, rock on to left foot
6& Rock back on right foot, rock onto left foot.
7-8 Step right foot forward, turn $\frac{1}{2}$ left. (weight ends on left foot)

REPEAT
