

White Heat

拍数: 48 墙数: 0 级数:
编舞者: Joe White (USA)
音乐: I Need To Know (Pablo's Miami Mix Radio Edit) - Marc Anthony



KNEE RAISE, SIDE ROCK, DIAGONAL SHUFFLE, STEP PIVOT, STOP FORWARD RIGHT

- 1 Lift left knee up
- 2-3 Step left to left side, recover back on right
- 4&5 Shuffle forward towards 2:00 left, right, left
- 6-7 Step forward on right (towards 2:00, same angle as shuffle)
- 8 Stomp forward on right (towards 2:00, same angle as shuffle)

SAILOR SHUFFLE WITH TURN, WALK AROUND, JAZZ BOX

- 1&2 Left sailor shuffle with a ¼ turn to left (now at right of start)
 - 3-4 Walk around - step right, step left as you turn ½ turn to left
- This is much like a step & pivot but you are lifting up your feet**
- 5-8 Step forward on right, cross left over right, step in place, right, left

SCUFF HITCH STOMP, SHOULDER SHAKES, BUMPS HIPS LEFT, BUMP HIPS RIGHT

- 1&2 Scuff right foot home, hitch right knee, stomp right foot forward
- 3&4 Leaning towards 2:00- shimmy shoulders right up, left up, right up
- 5&6 Step back left (towards 7:00) as you bump hips left, right, left
- 7&8 Step back right (towards 5:00) as you bump hips right, left, right

DIAGONAL LOCK STEP, STEP BACK RIGHT & CLAP, STEP BACK LEFT & CLAP & TURN ¼ TURN TO LEFT

- 1-4 Moving towards 11:00 step forward on left, step right behind, step forward left, touch right toe next to left heel
- 5-6 Step back right to 5:00, clap hands
- 7-8 Step back left to 7:00 as turn ¼ turn to left (you are now at the back wall), clap hands

DIAGONAL SHUFFLES, CROSS STEPS, STOMP RIGHT, LEFT, BUTT STUTTER, SLAP THIGHS, HANDS CROSS SHOULDERS, TOUCH SHOULDERS, CLAP, PUSH HANDS OUT & BACK

- 1&2 Cross diagonal shuffle- cross right over left (stepping towards 11:00), step left, right
- 3&4 Back diagonal shuffle- step back left (stepping towards 5:00)
- 5-6 Cross right over left, step left to left side
- 7-8 Step back right (towards 6:00), cross left over right
- 11-10 Step right, step left (feet are slightly further than shoulder width apart)
- 11-12 Rolling hips left to right, push butt back and stutter butt around to the left
- 13-15 Slap hands on thighs, touch right hand on left shoulder as you touch left hand on right shoulder, touch right hand on right shoulder and touch left hand on left shoulder
- &16 Clap hands push hands out and back

REPEAT