

I'm So Hot

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Luke Shrimpton (UK) & Phil Austin (UK)
音乐: Hot/Would You - Burn The Floor



CROSS, TAP, CROSS, TAP, TAP, CROSS, UNWIND FULL TURN SWEEP

- 1-2 Cross the left foot over the right foot, tap the right foot to the right side
3-4 Cross the right foot over the left, tap the left foot to the left side
&5-6 Step left next to right, tap right foot to the right side, cross right foot over the left
7-8 Unwind a full turn over the left shoulder, sweep the left foot behind the right but do not put weight on it yet!

SAILOR ¼ TURN, KICK BALL CHANGE, ROCK, RECOVER COASTER STEP

- 9&10 Step left behind right, step right next to left turning a ¼ turn to the left, step forward on the left
11&12 Kick the right foot forward, step back on the right, step left in place
13-14 Step forward and put weight onto the right foot, recover the weight back onto the left
15&16 Step back on the right, step the left next to the right, step forward onto the right

ROCK, RECOVER, SHUFFLE ½ TURN, STEP, ROLL HIPS

- 17-18 Step forward and put weight onto the left foot, recover weight onto right foot
19&20 Step back left, step right next to left making a ¼ turn left, step to the side on the left foot making a ¼ turn left

21, 24 Step forward right, roll hips for three counts making it look as hot as you like!

STEP, ROLL HIPS, STEP ½ TURN SHUFFLE FORWARD

- 25-28 Step forward left, roll hips for three counts making it look as hot as you like!
29-30 Step forward right, pivot a ½ turn over the left shoulder
31&32 Step forward right, step left next to right, step forward right

STEP OUT, STEP OUT, STEP IN, STEP IN, TWICE

- 33-34 Step left to the left side, step right to the right side
35-36 Step left to the center, step right to the center
37-38 Repeat steps 33, 34
39-40 Repeat steps 35, 36

During these steps, add Cuban hips and some fancy arm movements. That way you get a rest and make it look good!

MAMBO FORWARD, MAMBO BACK, STEP ½ TURN, STEP FORWARD BUMP HIPS

- 41&42 Step forward left, step right in place, step left next to right
43&44 Step back right, step left in place, step right next to left
45-46 Step forward left, pivot ½ turn over the right shoulder
47&48 Step forward left, bump hips forward, bump hips back

CROSS RIGHT, HOLD, CROSS LEFT, HOLD, CROSS RIGHT, HOLD, CROSS LEFT, HOLD. (SEXY WALK!)

- 49-50 Cross the right over the left, hold
51-52 Cross the left over the right, hold
53-54 Cross the right over the left, hold
55-56 Cross the left over the right, hold

This is another part of essential style. Trying rolling the shoulders on the holds, or looking over each shoulder. Just have a play!

JUMP FORWARD, CLAP, JUMP BACK, CLAP, KNEE POP, HOLD, ROLL THE KNEE

&57-58 Jump right forward, jump left foot forward, clap hands

&59-60 Jump right foot back, jump left foot back and apart from right, clap

61-62 Pop the right knee in, hold

63-64 Roll the right knee in a to the right direction.

REPEAT

All the way through the dance, try to act sexy and cool. If done with a group of friends, then the dance becomes so much more fun. Practice style on holds, by either using hands and arms, or rolling the hips. The speed of the music slows a little too. But carry on. It's hardly noticeable. This dance is for people who just wanna have fun!
