

# The Hot Trot

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Deb Crew (CAN)  
音乐: Honky Tonk Women - Hank Williams, Jr.



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## STEP OUT-OUT, STEP IN-IN; STEP OUT-OUT

- 1-2                      Step out side left on left, step out side right on right (feet are apart)
- 3-4                      Step in on left, step in on right (feet are together)
- 5-6                      Step out side left on left, step out side right on right (feet are apart)

## HIPS FORWARD, RELAX & CLAP; HIPS FORWARD, RELAX & CLAP

- 7-8                      Hips thrust forward and arms pull back (hoot as arms pull back), relax hips and clap
- 9-10                     Hips thrust forward and arms pull back (hoot as arms pull back), relax hips and clap

## STEP IN-IN; CIRCLE HIPS LEFT TO RIGHT - LEFT TO RIGHT

- 11-12                    Step in on left, step in on right (feet are together)
- 13-14                    Circle hips left to right (circular motion to the left)
- 15-16                    Circle hips left to right (circular motion to the left)

- 17-32                    Repeat steps 1 through 16

## ANGLE STEP FORWARD, STEP BEHIND, SHUFFLE IN PLACE

- 33-34                    Step forward on 45 degree left angle on left, slide and step right in behind left
- 35&36                    One 3-step shuffle in place: left right left
- 37-38                    Step forward on 45 degree right angle on right, slide and step left in behind right
- 39&40                    One 3-step shuffle in place: right left right
- 41-42                    Step forward on 45 degree left angle on left, slide and step the right in behind left
- 43&44                    One 3-step shuffle in place: left right left
- 45-46                    Step forward on 45 degree right angle on right, slide and step the left in behind right
- 47&48                    One 3-step shuffle in place: right left right

## WALK BACK THREE STEPS; BALL-CROSS

- 49-51                    Walk back left, walk back right, walk back left
- &52                      Step side right, step left over right (weight on left - legs are crossed)

## RIGHT DRAG VINE; LEFT DRAG VINE

- 53-54                    Step side right, drag and step left to right (weight on left)
- 55-56                    Step side right, touch left to right (weight on right)
- 57-58                    Step side left, drag and step right to left (weight on right)
- 59-60                    Step side left, touch right to left (weight on left)

## STEP-TOUCH; ¼ TURN LEFT, STEP RIGHT TOGETHER

- 61-62                    Step side right, touch left to right (weight on right)
- 63-64                    Step ¼ turn left on left, step right beside left (weight on right)

## REPEAT

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