

Hot, Hot, Hot

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 0
编舞者: Niels Poulsen (DK)
音乐: Hot! - Nik & Jay

级数: Phrased Intermediate / Advanced



Sequence: When dancing to Nik & Jay, it's AAB, AABB, AAC, BCB. When dancing to Donna Summer, it's AABB, AABB, AABB, B.

PART A

RIGHT HEEL BOUNCES TWICE, RIGHT KICK BALL CHANGE, CROSS RIGHT OVER LEFT, STEP ONTO LEFT TURNING ¼ RIGHT, SHUFFLE BACKWARDS RIGHT-LEFT-RIGHT

- 1-2 Point right foot forward bouncing right heel twice (weight on left all the time)
- 3&4 Kick right foot forward & step back on right, change weight to left foot
- 5-6 Cross right over left, step left to left turning ¼ right on left
- 7&8 Shuffle backwards on right, left, right

STEP LEFT FORWARD, SCUFF RIGHT & STEP DOWN RIGHT, TURN ¼ STEPPING LEFT TO LEFT, TOUCH RIGHT NEXT TO LEFT, POINT RIGHT, HITCH RIGHT, STEP FORWARD RIGHT, POINT LEFT OUT

- 1-2 Step forward on left foot, scuff right foot raising you knee just a little
- &3-4 Step down on right foot turning ¼ right stepping left to left, touch right next to left
- 5-6 Point right to right, hitch right
- 7-8 Step forward onto right foot, point left out to left

CROSS POINTS TWICE, CROSS LEFT OVER RIGHT, UNWIND ½ RIGHT, RIGHT KICK BALL POINT

- 1-2 Cross left over right moving slightly forward, point right to side
- 3-4 Cross right over left moving slightly forward, point left to side
- 5-6 Cross left over right, unwind ½ right ending with weight on left
- 7&8 Kick right foot forward & step back onto right foot, point left to left side

Styling (legs/knees and arms):

- 1 Bend down a little in your knees crossing your arms in front of each other (arms are straight).
- 2 Straighten knees raising both arms up to app. Horizontal level. You angle your body slightly to the left
- 3-4 Repeat same pattern bending and straightening your knees and crossing and raising your arms while angling the body slightly to the right
- 5 Lower your arms to normal level

STEP FORWARD LEFT, TURN ¼ LEFT HITCHING RIGHT KNEE, CROSS RIGHT OVER LEFT, STEP LEFT TO LEFT, KNEE POPS TWICE, TURN ¼ RIGHT, STEP FW LEFT

- 1-2 Step forward onto left foot, turn ¼ on left foot hitching right knee
- 3-4 Cross right over left, step left to left side
- &5&6 Raise both heels from floor, lower them onto the floor again. Repeat (weight should be on left foot)
- 7-8 Step right to right side, step forward onto left

PART B

STEP RIGHT FORWARD DIAGONALLY, STEP LEFT FORWARD DIAGONALLY, STEP BACK ON RIGHT, TOUCH LEFT, STEP LEFT, TOUCH RIGHT TO LEFT, STEP RIGHT, TOUCH LEFT TO RIGHT (CLAPS)

- 1-2 Step diagonally forward on right, step diagonally left and clap
- 3-4 Step back on right, touch left next to right and clap
- 5-6 Step left to left side, touch right next to left and clap
- 7-8 Step right to right, touch left next to right and clap

PLIÉ, HOLD, STEP LEFT BEHIND RIGHT (WEIGHT ON LEFT), HOLD, RIGHT SHUFFLE FORWARD, STEP FORWARD LEFT TURNING ¼ RIGHT, TOUCH RIGHT NEXT TO LEFT

- 1-2 Step left out to side bending both knees (raise your arms up), hold
- 3-4 Recover to standing position but stepping left foot behind right in extended 5th position (lower your arms down) (weight on left foot), hold
- 5&6 Shuffle right, left, right (hinting at the audience to come closer with your right index finger!)
- 7-8 Step forward on left turning ¼ right, touch right next to left

STEP RIGHT TO RIGHT, SLIDE LEFT TO RIGHT & POINT RIGHT, HOLD, CROSS UNWIND ½ LEFT, LEFT KICK BALL POINT OUT

- 1-2 Step right to right side, slide left next to right
- &3-4 Step down on left & point right to right side, hold
- 5-6 Cross right over left, unwind ½ left (ending with weight on right)
- 7&8 Kick left forward & step back on left, point right out to side

HEEL JACKS TWICE, MONTEREY WITH ¼ RIGHT

- 1&-2& Cross right over left stepping back on left, touch right heel diagonally forward stepping right next to left (weight on right)
- 3&-4& Cross left over right stepping back on right, touch left heel diagonally forward stepping left next to right (weight on left)
- 5-6 Point right to right side, bring right next to left turning ¼ right (weight on right)
- 7-8 Point left to left side, bring left next to right (weight on left)

PART C

STEP BACK ON RIGHT, BODY ROLL DOWN/UP, STEP FORWARD ON LEFT

- 1-3 Step back on right starting the body roll, roll down and up (weight should be on right)
- 4 Step forward onto left foot (recovering weight onto left)

Alternative move to body roll:

JUMP BACK ON RIGHT LEFT, HOLD (SNAP YOUR FINGERS OR CLAP), JUMP FORWARD ON RIGHT LEFT, HOLD (SNAP YOUR FINGERS OR CLAP)

- &1-2 Jump quickly back on right and left feet, hold while snapping your fingers or clapping once
 - &3-4 Jump quickly forward on right and left feet, hold while snapping your fingers or clapping once
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