

# Hot & Spicy

COPPER KNOB  
BY STEPHEN METZ

拍数: 48      墙数: 4      级数:  
编舞者: Peter Metelnick (UK)  
音乐: Loosen Up My Strings - Clint Black



## SYNCOPATED HEEL TOUCHES, SIDE TOUCH WITH DOUBLE CLAP

- 1&2&      Touch right heel forward, step right foot together, touch left heel forward, step left foot together  
3&4&      Touch right toes to right side, hold & clap twice, step right foot together  
5&6&      Touch left heel forward, step left foot together, touch right heel forward, step right foot together  
7&8      Touch left toes to left side, hold & clap twice (weight ends on right foot)

## CROSS OVER & UNWIND $\frac{3}{4}$ LEFT, LEFT FORWARD SHUFFLE, BUMP HIPS RIGHT TWICE, RIGHT CROSS OVER, HOLD & DOUBLE CLAP

- &1-2      Step left foot together, cross right foot over left foot, unwind  $\frac{3}{4}$  left (weight ends on right foot)  
3&4      Step left foot forward, step right foot together, step left foot forward  
5-6      Step right foot to right side and bump hips right twice  
&7&8      Step left foot back, cross step right foot over left, hold & clap twice (weight ends on right foot)

## BUMP HIPS LEFT TWICE, LEFT CROSS OVER, HOLD & DOUBLE CLAP, SIDE ROCK RIGHT-LEFT-RIGHT, PIVOT $\frac{1}{2}$ LEFT

- 1-2      Step left foot to left side and bump hips left twice  
&3&4      Step right foot back, cross step left foot over right, hold & clap twice (weight ends on left foot)  
5-7      Step right foot to right side and rock, recover weight on left foot and rock, recover weight on right foot and rock  
8      Pivot  $\frac{1}{2}$  left on right foot & step left foot together (weight ends on left foot)

## FORWARD & BACK COASTER STEPS, SIDE ROCK RIGHT-LEFT-RIGHT, PIVOT $\frac{1}{4}$ LEFT

- 1&2      Step right foot forward, step left foot together, step right foot back  
3&4      Step left foot back, step right foot together, step left foot forward  
5-7      Step right foot to right side and rock, recover weight on left foot and rock, recover weight on right foot and rock  
8      Pivot  $\frac{1}{4}$  left on right foot & step left foot together (weight ends on left foot)

## FORWARD & BACK COASTER STEPS, RIGHT SIDE RIGHT, SLIDE LEFT TOGETHER, RIGHT CROSS OVER, HOLD

- 1&2      Step right foot forward, step left foot together, step right foot back  
3&4      Step left foot back, step right foot together, step left foot forward  
5-6      Step right foot to right side taking a big step, slide left foot together keeping weight on right foot  
&7-8      Step left foot back, cross step right foot over left, hold

## LEFT SIDE LEFT, SLIDE RIGHT TOGETHER, LEFT CROSS OVER, SCUFF RIGHT FORWARD, RIGHT JAZZ BOX WITH $\frac{1}{4}$ RIGHT

- 1-2      Step left foot to left side taking a big step, slide right foot together keeping weight on left foot  
&3-4      Step right foot back, cross step left foot over right foot, scuff right foot forward  
5-8      Cross step right foot over left foot, step back on left foot, step right foot turning to the right  $\frac{1}{4}$  right, step left foot together

REPEAT

