

Hot Sauce

拍数: 48 墙数: 1 级数: Improver
编舞者: Maureen Hearney (USA)
音乐: He's My Little Jalapeno - Scooter Lee



This dance is dedicated to Edith Kreaden, a lovely lady with dancing feet

RIGHT HEEL PRESS, STOMP, LEFT HEEL PRESS, STOMP

- 1-4 Place ball of right foot diagonally forward right, press right heel to the floor three times, stomp right foot next to left foot
- 5-8 Place ball of left foot diagonally forward left, press left heel to floor three times, stomp left foot next to right foot

SIDE SHUFFLE RIGHT, ROCK, SIDE SHUFFLE LEFT, ROCK

- 1&2 Step right foot right, step left foot next to right, step right foot right
- 3-4 Rock left foot behind right foot, replace weight to right foot
- 5&6 Step left foot left, step right foot next to left, step left foot left
- 7-8 Rock right foot behind left foot, replace weight to left foot

WALK FORWARD RIGHT, TAP, WALK BACK, COASTER STEP

- 1-4 Walk forward right, left right, tap left toe forward
- 5-6 Walk backward left, right
- 7&8 Step back left, step back right, step forward left

WALK FORWARD RIGHT, TAP, WALK BACK, COASTER STEP

- 1-4 Walk forward right, left right, tap left toe forward
- 5-6 Walk backward left, right
- 7&8 Step back left, step back right, step forward left

SHUFFLE FORWARD, PIVOT, SHUFFLE FORWARD, PIVOT

- 1&2 Step right foot forward, step left foot next to right, step right foot forward
- 3-4 Step left foot forward and pivot $\frac{1}{2}$ turn right, step forward right
- 5&6 Step left foot forward, step right foot next to left, step left foot forward
- 7-8 Step right foot forward and pivot $\frac{1}{2}$ turn left, step forward left

STOMP, STOMP, HEEL SPLIT, TOE, SPLIT, HEEL SPLIT

- 1-2 Stomp right foot next to left foot, stomp left foot
- 3-4 With feet together fan heels out and home
- 5-6 With feet together fan toes out and home (bend both knees while fanning toes out)
- 7-8 With feet together fan heels out and home

REPEAT
