

Hot Stuff Strut

拍数: 32 墙数: 2 级数: Improver
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音乐: Only A Whisper - Mindy McCready



SYNCOPATED VINE RIGHT, BRUSH, ROCK STEP, CROSS, STEP, CROSS

- 1 Step right with right
- 2 Cross left behind right and step
- & Step right with right
- 3 Cross left over right and step
- 4 Brush right straight forward
- 5 Step forward on right
- 6 Rock back onto left
- & Cross right over left
- 7 Step left to left
- 8 Cross right over left

STEP BACK, IN PLACE, KNEE ROLLS

- 9 Step left foot back
- 10 Step right beside left
- 11 Stepping slightly forward, roll left knee to left, lifting left heel off floor
- 12 Roll left knee to right, stepping down on left
- 13 Stepping slightly forward, roll right knee to right, lifting right heel off floor
- 14 Roll right knee left, stepping down on right
- 15 Stepping slightly forward, roll left knee to left, lifting left heel off floor
- 16 Roll left knee to right, stepping down on left

KICKS, PIVOT, STEP, KNEE ROLLS

- 17-18 Kick right foot forward twice
- 19 Step back on ball of right foot while pivoting $\frac{1}{4}$ turn left
- 20 Step left beside right
- 21 Stepping slightly forward, roll right knee to right, lifting right heel off floor
- 22 Roll right knee to left, stepping down on right
- 23 Stepping slightly forward, roll left knee to left, lifting left heel off floor
- 24 Roll left knee to right, stepping down on left

$\frac{1}{4}$ TURN LEFT, IN PLACE, KNEE ROLLS, KICKS

- 25 Step forward with right into a $\frac{1}{4}$ turn left
- 26 Step left beside right
- 27 Stepping slightly forward, roll right knee to right, lifting right heel off floor
- 28 Roll right knee to left, stepping down on right
- 29 Stepping slightly forward, roll left knee to left, lifting left heel off floor
- 30 Roll left knee to right, stepping down on left
- 31-32 Kick right foot forward twice

REPEAT

STYLING TIPS

- 1) with the knee rolls, allow your hips to wiggle with the steps.
- 2) with the knee rolls, when stepping slightly forward, allow your stepping foot to brush pass the other foot.

