

The Heat Is On

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 0 级数:
编舞者: Lyndsey Hensel (USA), Dennis Bosse (USA) & Tammy Bosse (USA)
音乐: Miami (Radio Edit) - Will Smith



1-4 Step right, wiggle 2-3, step right next to left 4 with clap
5-8 Step left, wiggle 2-3, step right next to left 4 with clap
9-12 Right vine step in place
&13 Right foot back (hop) left foot forward
&14 Left foot returns home, right crosses over left
15-16 Half turn left (unwind), clap

17-20 Running man, starting with right foot
21-22 Step right forward, turn ½ left
23&24 Rock right forward, shift weight left, right return home
25-26 Step left forward, slide right next to left
27&28 Three hip bumps left, right, left
29-30 Step right back, clap
31-32 Step left back, clap

33-36 Turning vine right, end with left heel forward
&37-38 Left heel ball cross
&39-40 Right heel ball cross
&41-42 Left heel ball cross
43-45 Turning vine left
&46-47 Right heel ball cross
&48-49 Left heel ball cross

50 Half turn left
51-52 Bump hips right, left
53&54 Right, left, right
55&56 Right kick ball touch
57&58 (¼ Turn left) left kick ball touch
59&60 Right kick ball touch
61&62 (¼ Turn left) left kick ball touch
63-64 Monterey turn right

REPEAT

CHORUS (DO TWICE)

1-4 Shuffle forward right, then left
5-8 Roger rabbit backwards starting with right foot
9-12 Step right forward, bump hips 10-11-12
Pump arms up 9-10-11, clap on 12
13-16 Step left forward, bump hips 14-15-16

Pump arms up 13-14-15, clap on 16

At the end of the song, you will repeat the chorus section 4 times. At the end of the fourth time, jump, cross, turn. While throwing your hands in the air