

# Heat It Up

**COPPER** KNOB  
BY STEPHEN METZ

拍数: 32      墙数: 2      级数: Improver  
编舞者: Bryan McWherter (USA)  
音乐: Heat It Up - 98 Degrees



## KICK & ROCK, KICK & ROCK, KICK & ROCK, KICK & TOUCH

1&2&      Kick right foot forward, step right foot in place, rock left foot to left side, step right in place  
3&4&      Kick left foot forward, step left foot in place, rock right foot to right side, step left in place  
5&6&      Kick right foot forward, step right foot in place, rock left foot to left side, step right in place  
7&8      Kick left foot forward, step left foot in place, touch right toe to right side

## TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, SWIVEL, SWIVEL, ¼ BUMP TURN (ROCKIN MY WORLD)

9&10&      Touch right toe to right side, step right foot in place, touch left toe to left side, step left in place  
11&12      Touch right toe to right side, hitch right knee in front of left leg, touch right toe to right side  
13-14      With heels together swivel them left, swivel center  
15&16      ¼ turn to left bumping hips in a counter clock wise motion

## TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, SWIVEL, SWIVEL, ¼ BUMP TURN (ROCKIN MY WORLD)

17&18&      Touch right toe to right side, step right foot in place(&), touch left toe to left side, step left in place  
19&20      Touch right toe to right side, hitch right knee in front of left leg, touch right toe to right side  
21-22      With heels together swivel them left, swivel center  
23&24      ¼ turn to left bumping hips in a counter clock wise motion

## RIGHT VINE, TOUCH, ROLLING VINE TO LEFT, TOUCH

25-28      Step right to right, cross left behind right, step right to right side, touch left beside right  
29-32      Step left ¼ turn to left, on ball of left foot pivot ¼ turn left stepping right to right side, on ball of right pivot ½ turn to left stepping left to left side, touch right toe next to left foot

**REPEAT**

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