

# Heat It Up

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Maggie Gallagher (UK)  
音乐: Something Kinda Ooh - Girls Aloud



## **KICK & HEEL TAP, SWITCH TOUCH, HOLD, JAZZ JUMP, HOLD, CONCERTINA STEPS**

1&2      Kick right forward, step right next to left, tap left heel forward  
&3-4      Step left next to right, touch right toe next to left, hold  
&5-6      Jump out forward on right, jump out left, (feet level), hold  
&7      Step forward bringing right in, bring left in (feet level)  
&8      Step forward moving right out, move left out (feet level)

## **TOGETHER, LEFT CROSS, HOLD, ROCK, RECOVER, ½ HINGE TURNS, SAILOR ¼ RIGHT**

&1-2      Step right next to left, cross left over right, hold  
3-4      Step out to right side rocking right, recover onto left  
5-6      ½ hinge turn to right stepping right to right side, ½ hinge turn right stepping left to left side (12:00)  
7&8      Cross right behind left, step left to left side, make ¼ turn right stepping forward on right (3:00)

## **¼ RIGHT, DRAG, TOGETHER, WALKS LEFT, RIGHT, LEFT SHUFFLE, STEP, ½ PIVOT LEFT**

1-2      Make ¼ turn right stepping a big step left to left side, drag right towards left (6:00)  
&3-4      Step right next to left, walk forward left, walk forward right  
5&6      Step forward on left, step right next to left, step forward on left  
7-8      Step forward on right, make ½ pivot turn left (weight on left) (12:00)

## **RIGHT WIZARD, STEP, HITCH, ¼ RIGHT, BACK RIGHT, LEFT COASTER**

1-2&      Step forward on right, lock left behind right, step forward on right  
3-4      Step forward on left, hitch right knee forward  
5-6      Make ¼ turn right with knee still hitched, step back on right (3:00)  
7&8      Step back on left, step right next to left, step forward on left

Tag occurs here during wall 5

## **SIDE POINT SWITCHES, TOGETHER, KNEE POPS, RIGHT DIAGONAL, TOUCH, LEFT HIP BUMPS**

1&2      Point right to right side, step right next to left, point left to left side  
&3      Step left next to right, pop right knee forward  
&4      Place weight onto right, pop left knee forward  
&5-6      Place weight onto left, step forward on a right diagonal onto right, touch left next to right  
7-8      Step left to left side bumping hips left, bump hips left again leaving weight on left

## **ROCK, RECOVER, CROSS BEHIND, UNWIND FULL, LEFT ROCK, RECOVER, LEFT HEEL JACK**

1-2      Rock to right side, recover onto left  
3-4      Cross right behind left, unwind a full turn right ending with weight on right (3:00)  
5-6      Left side rock, recover onto right  
7&8      Cross left over right, step back on right, tap left heel forward on a left diagonal

## **HOLD, RIGHT HEEL JACK, HOLD, TOGETHER, ROCKS, FULL TRIPLE LEFT ON THE SPOT**

1&2      Hold, step left next to right, cross right over left  
&3-4      Step back on left, tap right heel forward on a right diagonal, hold  
&5-6      Step right next to left, rock forward on left, rock back on right  
7&8      Make ½ turn left stepping forward on left, step right beside left, (9:00), make ½ turn left stepping left beside right (3:00)

Easy option:

7&8 Left coaster step

**ROCKS, ½ SHUFFLE TURN RIGHT, STEP, ½ PIVOT RIGHT, KICK & TOUCH**

1-2 Rock forward on right, rock back on left

3&4 ¼ turn right stepping right to right side, step left next to right (6:00), ¼ turn right stepping forward on right (9:00)

5-6 Step forward on left, ½ pivot turn right ending with weight on right (3:00)

7&8 Kick forward on left, step left next to right, touch right next to left

**REPEAT**

**TAG**

**After 32 counts of wall 5 - facing 3:00**

**(STEP, ½ PIVOT LEFT) TWICE**

1-2 Step forward on right, ½ pivot turn left

3-4 Step forward on right, ½ pivot turn left

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