

The Heat

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Heat It Up - 98 Degrees



ANGLED WALK RIGHT, LEFT, RIGHT SIDE ROCK & CROSS, LEFT SIDE STEP, RIGHT CROSS BEHIND & LEFT STEP ¼ TURN LEFT, RIGHT STEP FORWARD, LEFT TOUCH

- 1-2 Right step forward toward right diagonal, left step forward across right
3&4 Right rock ball of foot to right side, recover weight to left, right step across left
5-6 Left step side left, right step behind left
&7-8 Left step into ¼ turn left, step right forward, left touch next to right

& LEFT STEP BACK, RIGHT TOE TAP FORWARD & RIGHT STEP HOME, LEFT TOUCH NEXT TO RIGHT, LEFT STEP BACK TWISTING BODY ¼ TURN LEFT, SHIFT WEIGHT FORWARD TO RIGHT

- &1&2 Step left back, right toe tap forward, right step home, left touch next to right
3-4 Left step back twisting body ¼ turn left, twist body ¼ turn right shifting weight forward to right foot
5&6 Left small kick forward, left step home, right toe tap forward
&7&8 Keeping weight on left contract shoulders forward, bend knees to sit down slightly while relaxing shoulders, contract shoulders forward, straighten up kicking right foot forward

RIGHT COASTER STEP, LEFT STEP FORWARD, PIVOT ½ TURN RIGHT, LEFT SHUFFLE FORWARD, RIGHT SIDE ROCK & SAILOR

- 1&2 Right step back on ball of f, left step back next to right, step right forward
3-4 Left step forward ball of foot, pivot ¼ turn right
5&6 Step left forward, right step forward in 3rd position, step left forward
7&8& Right rock ball of foot side right, recover weight to left, right step ball of foot behind left, left step side left

STEP, HOLD, & STEP, HOLD, LEFT SYNCOPATED CROSS ROCK & ¼ TURN LEFT, RIGHT SWEEP PIVOTING ¼ TURN LEFT, RIGHT TOUCH, SYNCOPATED HIP BUMP

- 1-2 Right step forward toward right diagonal, hold position
&3-4 Left step next to right, right step forward toward right diagonal, hold position
5&6 Left rock ball of foot forward across right, recover weight to right, left step ¼ turn left
&7&8 Right toe sweep pivoting ¼ turn left on ball of left, right touch next to left, bump hips right-left

REPEAT

RESTARTS

Start the dance after the first 32 counts when the boys start singing "Baby, let me love you..." When dancing to this song, there are two restarts. After three full repetitions, do the first 16 counts and then start over from the beginning. After the next three full repetitions, do the same thing. Both restarts occur when you're facing the front wall