

Get Hot!

拍数: 40 墙数: 4 级数:
编舞者: Scott Blevins (USA) & Deborah Blevins (USA)
音乐: Get Hot or Go Home - Rick Tippe



Start dance after the first 16 beats of instrumentals, approximately 3 beats before the vocals.

STEP, SLIDE, STEP, TOUCH, STEP, SLIDE, STEP, TOUCH-ALL WITH BODY ROLLS

- 1-2 Step right foot to right side-slide left foot next to right
- 3-4 Step right foot to right side-slide left foot next to right, touching left next to right
- 5-6 Step left foot to left side-slide right foot next to left
- 7-8 Step left foot to left side-slide right foot next to left, touching right next to left

You can do body rolls as you do above steps if you wish.

RIGHT KICK BALL CHANGE, RIGHT LEFT KNEE POPS

- 1&2 Kick right foot forward-& step on ball of right foot, lifting left foot slightly off floor-replace left foot on floor changing weight to left foot
- 3-4 Pop right knee forward (push out)-pop left knee forward (push out) while straightening right knee

ROCK FORWARD, ROCK BACK, ROCK BACK, ROCK FORWARD

- 5-6 Rock step forward with right foot-rock back onto left foot
- 7-8 Rock step backward with right foot-rock forward onto left foot

RIGHT SHUFFLE, STEP, TURN, STEP, KICK, TOUCH, TOGETHER, TOUCH

- 1&2 Right shuffle forward (right, left, right)
- 3-4 Step forward on left foot -½ pivot turn right on balls of your feet
- 5-6 Step forward on left foot-kick right foot forward
- 7&8 Touch right toes out to right side-& step right foot beside left-touch left toes to left side

STEP TOGETHER, 2 RIGHT HEEL TAPS, TOE BACK, TURN

- &1-2 Step left foot beside right-tap right heel forward twice
- 3-4 Touch right toe back-reverse pivot ½ turn to right, keeping weight on left foot

BODY ROLL, STEP BUMP, BUMP

- 5-6 2 count forward body roll
- 7-8 Step right foot to right side while bumping hips to right-bump hips to right again

1 ¼ ROLLING VINE LEFT, TOUCH, HEEL, TOGETHER, HEEL, TOGETHER, HEEL, HEEL

- 1-4 Step left, right, left: while making a 1 ¼ turn to the left to left-touch right toes beside left foot
- 5&6 Touch right heel forward-& step right foot beside left-touch left heel forward
- &7-8 Step left foot beside right-touch right heel forward twice

REPEAT