

Drop The Heat

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Guyton Mundy (USA)
音乐: Drop That Heater - Omarion



¼ CROSS AND CROSS, ¾ TURN TO LEFT, WALK BACKS, ½ TURN OUT AND OUT

- 1&2 While making a ¼ turn to left, cross left over right, step right to right side, cross left over right
3&4 Step back on right while making a ¼ turn to left, step together left while making a ¼ turn to the left, step back on right making a ¼ turn to the left
5&6 Walk straight back left-right-left
7&8 While making a ½ turn right step forward on right, step left to left side, step right to right side

LEFT COASTER, ¼ TURN ROCK AND CROSS, ½ TURN SAILOR WITH ARMS, HITCH

- 1&2 Step back on left, step together with right, step forward on left
3&4 While making a ¼ turn to the left, rock right to right side, recover left, cross right over left
5&6 Step back on left, making a ¼ turn to the right, step together with right while making a ¼ turn to the right, step forward on left

Arm styling:

- 5 Place right arm out in front with closed fist
& Place left arm out slightly above the right, with closed fist
6 Hit top of right fist with bottom of left fist
& Hitch right knee while hitting with the right fist
7 Step down on right foot while hitting the bottom of left fist with top of right fist
& Lift left fist slightly on angle away from right
8 Pop right shoulder up as left shoulder goes down, hitch left knee slightly while looking to the left

STEP CROSS STEP, ½ TURN SAILOR, SYNCOPATED JAZZ WITH DRAG, WEAVE

- 1&2 Step left to left side, cross right over left, step left to left side
3&4 Step back on right making a ¼ turn to the right, step together with left while making a ¼ turn to the right, step forward on right
5&6 Cross left over right, step back on right, take a big side step to left with left while dragging the right in
7&8 Step right behind left, step left to left side, cross right over left

HITCH WITH SHOULDER SHRUGS, SIDE STEP, SAILOR, ROCK/RECOVER WITH HALF CHASSE TURN

- 1&2 Hitch left up, step left to left side (while rocking shoulders left-right-left)
3&4 Step right behind left, step together with left, step forward on right
5&6 Rock forward on left, recover on right, make a ½ turn to left stepping forward on left
7&8 Step forward on right, ½ turn pivot to left stepping on left, step forward on right

REPEAT