

Hot Stuff!!!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) - November 2007
音乐: Hot Stuff - Craig David : (Album: Trust Me)



Section 1 – Rock forward, Side rock, Sailor ¼ turn, Walk left, right, Full turn

1&2& Rock forward onto right, Recover back onto left, Rock right to right side, Recover on to left
3&4 Step back onto right, Step left to left side making a ¼ turn right, Step forward onto right
5-6 Walk forward onto left, Walk forward onto right
7&8 Full turn forward turning left, right, left

Section 2 – Press kick, Coaster step, Step ¼ turn, Cross shuffle

1-2 Press forward onto right, Recover weight onto left
3&4 Step back onto right, Bring left in place, Step forward on to right
5-6 Step forward onto left, Make ¼ turn right
7&8 Left cross, right to right, Cross left over right

Section 3 – Touch and Touch, Heal and Heal, Hitch step touch and spilt

1&2 Touch Right toe to right side, Bring right in place, Touch left to left side
&3&4 Twist left heal to left side, bring in place, twist right heal to right side, Bring in place
5-6 Hitch right knee up (5), Step down onto right taking weight (6)
7&8 Step left in place (7), Spilt both knees apart, bring back together (&8)

Section 4 – Touch unwind ¼ turn, Touch turn touch, 1 and ¼ turn left

1-2 Touch right toe back, unwind ¼ right take weight onto right
3&4 Touch right toe to right side, Bring right in place, Make ¼ turn right as you touch left to left side
5-6 ¼ turn stepping forward onto left, ½ turn stepping back onto right
7-8 ½ turn stepping forward onto left, touch right toe in place

START AGAIN AND ENJOY!
