

Hotstepper

拍数: 48 墙数: 4 级数: High Intermediate
编舞者: Dan McInerney (UK) - October 2011
音乐: Here Comes the Hotstepper - Ini Kamoze : (Album: Here Comes The Hotstepper
- 4:10)



Starts: After 40 counts/23 seconds just as he sings "hotstepper"

ROCK, BACK AND TOUCH, STEP TURN STEP, BRUSH AND TOUCH, SIDE TOGETHER

- 1, 2& Rock R forward, recover weight onto L, step R back
- 3, 4& Touch L in front of R, step L forward, make 1/2 turn R (06:00)
- 5, 6& Step L forward, brush R forward, make 1/4 turn L stepping R to R side (03:00)
- 7, 8& Touch L next to R, step L to L side, step R next to L

SIDE, SAILOR HALF, CROSS AND CROSS, FORWARD, SIDE, ROLL AND

- 1, 2& Step L to L side, make 1/4 turn R as you cross R behind L, make 1/4 R as you step L to L side (09:00)
- 3, 4& Step R slightly to R, cross L forward and over R, make 1/8 turn L as you step R next to L (07:30)
- 5, 6 Make 1/8 turn L as you cross L forward and over R, step R forward (06:00)
- 7, 8& Step L to L side, body roll L, step R next to L

ROCK, RECOVER, BEHIND, OUT OUT, LOOK, TURN, HITCH, ROCK AND

- 1, 2 Rock L to L side, recover onto R
- 3, 4& Step L behind R, step out and slightly to R, step L out and slightly to L
- 5, 6 Turn head 1/4 R, keeping feet in place turn 1/4 R on the balls of both feet (weight even) (09:00)
- 7, 8& Turn 1/8 R on balls of both feet, make 1/8 turn R rocking R to R side, recover weight onto L (12:00)

CROSS, STEP, PIVOT TURN PIVOT TURN ROCK AND CROSS, SIDE, DRAG

- 1, 2 Cross R over L, make 1/4 L stepping L forward (09:00)
- 3&4& Step R forward, make 1/2 turn L putting weight on L, step R forward, make 1/2 turn L putting weight on L (09:00)
- 5&6 Rock R to R side, recover weight onto L, cross R over L
- 7, 8 Step L a big step to L side, drag R next to L and switch weight onto R

(RESTART: restart here on wall 4 facing 12:00)

WALK, WALK, WALK, POP POP, HOLD, BACK, BACK, BOUNCE BOUNCE

- 1, 2 Step L forward, step R forward
- 3, 4& Step L forward, take weight on L as you bend R knee, take weight on R as you bend L knee
- 5, 6 Hold, step L back
- 7, 8& Step R back, lift heels as you turn 1/4 R in place and drop heels, lift heels as you turn 1/4 R in place and drop heels

(all weight should be on the L) (03:00)

HOLD, WALK, WALK, STEP LOCK, SHOULDER POPS, STEP, TURN

- 1, 2 Hold, step R forward
- 3, 4& Step L forward, step R forward, touch L behind R (weight on R foot)
- 5&6 Drop L shoulder, lift L shoulder as you drop R shoulder, lift R shoulder as you drop L and switch weight onto L foot
- 7, 8 Step R forward, pivot 1/2 turn L as you take weight onto L (09:00)

REPEAT

RESTART: The restart happens after 32 counts, on the 4th wall (facing 12:00).
On count 8 do not switch weight to R: keep weight on L

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