

Hot Cold Hot

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Lisa McCammon (USA) - October 2017
音樂: Perm - Bruno Mars : (CD: 24K Magic)



Start after heavy beats, approx. 13 seconds in - Start weight on L

NOTE: This can be a floor split for Lay It Back, the phrased advanced dance by Shane McKeever, Fred Whitehouse, and Guyton Mundy. I tried to keep the feel of their wonderful choreography while making it more accessible for my students. No tags or restarts. See also Lay It Back A Little for an improver version.

[S1] HITCH, SIDE, BACK ROCK, RECOVER; SIDE, BEHIND, BALL-CROSS-&-CROSS

1-6 Hitch R, step R to side, rock back L, recover R, step L to side, step R behind
&7&8 Step L to side, cross R, side L, cross R

[S2] TURN, HITCH, TOUCH TOES BACK, HITCH; PONY BACK RLR, LRL

1-4 Turn left ¼ [9] stepping forward L, hitch R, touch R toes back, hitch R
5&6 Open slightly to right diagonal and step back R, close L, step back R (hitch L when stepping back R)
7&8 Open slightly to left diagonal and step back L, close R, step back hitch L (hitch R when stepping back L)

[S3] ¼ STOMP, HOLD, STOMP, HOLD, LEAN FWD, HOLD, LEAN BACK, HOLD

1-2 Turn right ¼ squaring to [12] stomping side R, HOLD
3-4 Stomp L in place, HOLD (feet apart)
5-6 Step R forward to right diagonal, leaning forward, HOLD
7-8 Lean back onto L, HOLD (prepare to rock BACK)

[S4] BACK ROCK, RECOVER, SIDE, TOUCH L BEHIND; PULSE UP, DOWN, UP, DOWN

1-4 Rock R back, recover L, step R to side, touch L toes behind R, bending knees (snap on touch)
5-8 Keeping feet in same position, rise slightly by straightening knees, bend knees/snap; repeat

[S5] VINE L, TOUCH; BOOTY SWING R, L

1-4 Step L to side, step R behind, step L to side, touch R home
5-6 Swing booty around counterclockwise for two counts ending weight R
7-8 Swing booty around clockwise for two counts, ending weight L

(Note: when doing counts 5-8, imagine "cleaning the fishbowl" by swiping booty back and to the right first, then back and to the left to get what you missed.)

[S6] KICK-&-POINT, KICK-&-POINT, STEP, TURN, STEP, TURN

1&2 Kick R forward, step R home, point L toes to side
3&4 Kick L forward, step L home, point R toes to side
5-8 Step forward R, turn left ½ [6]; step forward R, turn left ½ [12]

[S7] BIG STEP FORWARD, HOLD, ROCK, RECOVER; "MASHED POTATOES" BACK L, R, L, R

1-4 Big step forward R, drag L toes, rock forward L, recover R
5&6 Step back L, turning both heels in, swing R back turning heels out, step back R, turning heels in
&7&8 Swing L back turning heels out, step back L, turning heels in, swing R back turning heels out, step back R

[S8] BACK ROCK, RECOVER, TRIPLE RIGHT ½; BACK ROCK, RECOVER, KICK-BALL-CHANGE

1-2 Rock back L, recover R

3&4 Turn right $\frac{1}{4}$ [3] stepping L to side, close R, turn right $\frac{1}{4}$ [6] stepping back L
5-6 Rock back R, recover L
7&8 Kick R, step R home, step L home (prepare to hitch R)

The dance will end with the $\frac{1}{4}$ turn right stomp on count 1 of the third set. When you step to the side, fling hands out, elbows in, palms down—BAM!

All rights reserved, October 2017. This step sheet is not authorized for publication on Kickit. If you have a script of this dance with the Kickit logo it should be destroyed, because it has been posted without permission or proper credit, and may have been altered without my knowledge or consent. Contact Lisa at dancinsfun@gmail.com or visit www.peterlisamcc.com
