

Hot Sauce

COPPERKNOB
STYLEDANCE

拍數: 136 牆數: 1 級數: Phrased Intermediate
編舞者: Eun Ju Lee (KOR) - August 2021
音樂: Hot Sauce - NCT DREAM



Dance begins after 24 counts

Sequence: - A(16) - B(48) - C(32) - A(16) - B(48) - C(32) - B(32) - D(40) - C(32)

A1: R Fwd Rock, Recover, Coaster step, L Side Rock, Recover, Behind, Side, Cross, R Side Point, Together, L side point, Together

1,2&3& Step RF forward[1] Recover on LF[2] Step RF back[&] Step LF next to RF[3] Step RF forward[&]
4&5&6 Rock LF to L side[4] Recover on RF[&] Step LF behind RF[5] Step RF to R side[&] Cross LF over RF[6]
7&8& Point RF toe to R side[7] Step RF next to LF[&] Point LF toe to L side[8] Step LF next to RF[&]

A2: R Fwd, Hold, Behind, Fwd Shuffle, L in place, Back(R,L), Touch

1 2& Step RF forward[1] Hold[2] Step LF behind RF[&]
3&4 Step RF forward[3] Step LF behind RF[&] Step RF forward[4]
5-8 Step LF in place[5] Step RF back[6] Step LF back[7] Touch RF next to LF[8]

B1: Samba Whisk(R,L,R,L),

1 a2 Step RF to R side[1] Step ball of LF behind RF[a] Step RF in place[2]
3 a4 Step LF to L side[3] Step ball of RF behind LF[a] Step LF in place[4]
5 a6 Step RF to R side[5] Step ball of LF behind RF[a] Step RF in place[6]
7 a8 Step LF to L side[7] Step ball of RF behind LF[a] Step LF in place[8]

B2: R Cross, Diagonal side, Cross & point, In place, L Cross, Diagonal side, Cross & point, In place, 1/4 Turn R Cross, Diagonal side, Cross & point, In place, L Cross, Diagonal side, Cross & point, In place

1a2a Cross RF over LF[1] Step LF to diagonal side[a] Cross RF over LF & point[2] Step RF in place[a]
3a4a Cross LF over RF[3] Step RF to diagonal side[a] Cross LF over RF & point[4] Step LF in place[a]
5a6a 1/4R turn(facing 03:00) Cross RF over LF[5] Step LF to diagonal side[a] Cross RF over LF & point[6] Step RF in place[a]
7a8a Cross LF over RF[7] Step RF to diagonal side[a] Cross LF over RF & point[8] Step LF in place[a]

B3: Batucadas(slow, quick) 1/2 Turn

1 2& Step RF back & bending knee with LF ball[1] Push the ball with LF & L hip forward[2] L hip in place & recover on RF[&]
3 4& Step LF back & bending knee with RF ball[3] Push the ball with RF & R hip forward[4] R hip in place & recover on LF[&]
5& Step RF back & bending knee with LF ball[5] While pushing the ball of the LF, rotate the L hip forward[&]
6& Step LF back & bending knee with RF ball[6] While pushing the ball of the RF, rotate the R hip forward[&]
7-8 Step RF back & weight on LF[7] 1/2R turn(facing 09:00) & weight on LF[8]

B4: Batucadas(slow, quick), R Back, Together

1 2& Step RF back & bending knee with LF ball[1] Push the ball with LF & L hip forward[2] L hip in place & recover on RF[&]

- 3 4& Step LF back & bending knee with RF ball[3] Push the ball with RF & R hip forward[4] R hip in place & recover on LF[&]
- 5& Step RF back & bending knee with LF ball[5] While pushing the ball of the LF, rotate the L hip forward[&]
- 6& Step LF back & bending knee with RF ball[6] While pushing the ball of the RF, rotate the R hip forward[&]
- 7-8 Step RF back[7] step LF next to RF[8]

B5: Stationary Samba, Side Samba Walk

- 1 a2 Weight on RF[1] Rock back on the ball of LF[a] Recover on RF[2]
- 3 a4 Step LF next to LF[3] Rock back on the ball of RF[a] Recover on LF[4]
- 5&6 Cross RF over LF[5] Rock LF ball to L side[&] Recover on RF[6]
- 7&8 Cross LF over RF[7] Rock RF ball to R side[&] Recover on LF[8]

B6: 1/8R Botafogos, 1/4L Botafogos, Cross, 3/8R Back Rock, Recover, FWD, Touch

- 1&2 Cross RF over LF[1] 1/8R turn(facing 10:30), rock LF ball to L side[&] Recover on RF[2]
- 3&4 Cross LF over RF[3] 1/4L turn(facing 07:30), rock RF ball to R side[&] Recover on LF[4]
- 5&6 Cross RF over LF[5] 3/8R turn(facing 12:00), rock LF ball to back[&] Recover on RF[6]
- 7-8 Step LF forward[7] Touch RF next to LF[8]

C1: R Full Turn Voltas, L Side Voltas,

- 1-4 1/4R turn, cross RF over LF[1] 1/4R turn, step LF ball to L side[2] 1/4R turn, cross RF over LF[3] 1/4R turn, step LF ball to L side[4] (**You don't have to match the angles. Just have to do a full turn for 4 counts)
- 5&6&7&8 Cross RF over LF[5] Step LF ball to L side[&] Cross RF over LF[6] Step LF ball to L side[&] Cross RF over LF[7] Step LF ball to L side[&] Cross RF over LF[8]

C2: L Full Turn Voltas, R Side Voltas,

- 1-4 1/4R turn, cross RF over LF[1] 1/4R turn, step LF ball to L side[2] 1/4R turn, cross RF over LF[3] 1/4R turn, step LF ball to L side[4] (**You don't have to match the angles. Just have to do a full turn for 4 counts)
- 5&6&7&8& Cross RF over LF[5] Step LF ball to L side[&] Cross RF over LF[6] Step LF ball to L side[&] Cross RF over LF[7] Step LF ball to L side[&] Cross RF over LF[8] Step LF ball to L side[&]

C3: R Side, Behind, In Place, Side Rock, Recover, Behind, In Place, L Side, Behind, In Place, Side Rock, Recover, Behind, In Place

- 1 2& Step RF to R side[1] Step LF behind RF[2] Step RF in place[&]
- 3&4& Rock LF to L side[3] Recover on RF[&] Step LF behind RF[4] Step RF in place[&]
- 5 6& Step LF to L side[5] Step RF behind LF[6] Step LF in place[&]
- 7&8& Rock RF to R side[7] Recover on LF[&] Step RF behind LF[8] Step LF in place[&]

C4: Dorothy(R,L) R Knee Bend(in, out) Touch

- 1 2& Step RF diagonal forward[1] Close LF behind RF[2] Step RF diagonal forward[&]
- 3 4& Step LF diagonal forward[3] Close RF behind LF[4] Step LF diagonal forward[&]
- 5 6&7 Step RF ball to R side & right knee bend(out)[5] Hold[6] Right knee bend(in)[&] Right knee bend(out)[7]
- 8 Touch RF next to LF[8]

D1: R FWD, Full Turn x2, 1/4R Side, Lunge, Drag

- 1 2& (facing 09:00) Step RF forward[1] 1/2R turn, step LF back[2] 1/2R turn, step RF forward[&]
- 3&4 1/2R turn, step LF back[3] 1/2R turn, step RF forward[&] 1/4R turn(facing 12:00), step RF to R side[4]
- 5-8 Lunge(bend left knee and straighten right leg)[5] Drag RF towards LF[6-8]

D2: 1/4R FWD, Spiral Full Turn, R FWD, L FWD, 1/4L Side Point, Drag

1 2-3 4 1/4R turn(facing 03:00) step RF forward[1] Step LF forward, make a full spiral turn R(keep weight on LF)[2-3] Step RF forward[4]
5 6 7-8 Step LF forward[5] 1/4L turn(facing 12:00) point RF toe to R side[6] Drag RF towards LF[7-8]

D3: Back & Sweep x3, Coaster, FWD, Pivot 1/2L, Touch

1 a2 &3 Step RF back, step LF back sweep[1] Step LF back, step RF back sweep[a] continue[2] Step RF back, step LF back sweep[&] continue[3] (**Back sweep to the part of the music that sounds like a laser.)
4&5 Step LF back[4] Step RF next to LF[&] Step LF forward[5]
6-8 Step RF forward[6] 1/2L turn(facing 06:00)[7] Touch RF next to LF[8]

D4: R Side, Behind, Side, Cross, Touch, Out x2, 1/4R Back Sweep, Coaster

1 2&3 4 Step RF to R side[1] Step LF behind RF[2] Step RF to side[&] Cross LF over RF[3] Touch RF next to LF[4]
5 6 7&8 Step RF out to R diagonal[5] Step LF out to L diagonal[6] Step RF behind making 1/4R turn(facing 09:00)[7] Step LF next to RF[&] Step RF forward[8]

D5: : L In Place, Back Sweep, Back & Sweep x2, Coaster, Pivot 1/2L, 1/4L, Together

1 a2 &3 Step LF in place, step RF back sweep[1] Step RF back, step LF back sweep[a] continue[2] Step LF back, step RF back sweep[&] continue[3] (**Back sweep to the part of the music that sounds like a laser.)
4&5 Step RF back[4] Step LF next to RF[&] Step RF forward[5]
6-8 1/2L turn(facing 03:00)[6] 1/4L turn(12:00), step RF to R side[7] Step LF next to RF[8]
