

Hot on My Heels

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Beginner
編舞者: Diana Oglesby (USA) - July 2022
音樂: Hot on My Heels - Clint Park



Intro: 32 Counts, begin with weight on L
No Tags, No Restarts

S1 (1-8) SHUFFLE R, SCUFF L, SHUFFLE L, SCUFF R, SHUFFLE R, SCUFF L, STOMP L-R

1&2& Step R forward (1), step L together (&), step R forward (2), scuff L forward (&)
3&4& Step L forward (3), step R together (&), step L forward (4), scuff R forward (&)
5&6& Step R forward (5), step L together (&), step R forward (6), scuff L forward (&)
7-8 Stomp L forward (7), stomp R together (8)

(Styling tip: the shuffles and scuffs are small and close together)

S2 (9-16) BACK L, KICK R, BACK R, KICK L, BACK L, KICK R, BACK R, KICK L, L TURNING SAILOR, R SHUFFLE FWD

1&2& Step L back (1), low kick R side (&), step R back (2), low kick L side (&)
3&4& Step L back (3), low kick R side (&), step R back (4), low kick L side (&)
5&6 Cross L behind (5), turn ¼ L and step R side (&), step L side (6) (9:00)
7&8 Step R forward (7), step L together (&), step R together (8)

S3 (17-24) ROCK L FWD, RECOVER, ¼ L TURNING SAILOR, SWAY HIPS R-L-R-L

1-2 Rock L forward (1), recover to R (2)
3&4 Cross L behind (3), turn ¼ L and step R side (&), step L side (4) (6:00)
5-8 Sway hips R-L-R-L (5-8)

S4 (25-32) R SIDE, LOCK L, R SIDE, LOCK L, R SIDE, L SIDE, LOCK R, L SIDE, LOCK R, L SIDE

1-2 Step R side (1), lock L behind (2)
3&4 Step R side (3), lock L behind (&), step R side (4)
5-6 Step L side (5), lock R behind (6)
7&8 Step L side (7), lock R behind (&), step L side (8)

S5 (33-40) R SIDE SHUFFLE, ¼ TURN L AND SHUFFLE L, ¼ TURN L AND SHUFFLE R, L COASTER

1&2 Step R side (1), step L together (&), step R side (2)
3&4 Turn ¼ L and step L side (3), step R together (&), step L side (4) (3:00)
5&6 Turn ¼ L and step R side (5) step L together (&), step R side (6) (12:00)
7&8 Step L back (7), step R side (&), step L forward (8)

S6 (41-48) R HEEL-HOOK TWICE, TURN ¼ R AND R SIDE SHUFFLE, L JAZZ BOX TOUCH

1&2& Touch R heel diagonally forward (1), hook R over (&), touch R heel diagonally forward (2), hook R over (&)
3-4 Turn ¼ R and step R side (3), step L together (&), step R side (4)
5-8 Step L over (5), step R back (6), step L side (7), touch R together (8)

REPEAT

Ending with Step Change – The dance ends on wall 7, after S5. When you begin the ¼ L turn shuffles, you will be facing 12:00, so make the following adjustment:

S5 (33-40) R SIDE SHUFFLE, ¼ TURN L AND SHUFFLE L, ¼ TURN L AND SHUFFLE R, ¼ TURN L AND SHUFFLE L

1&2 Step R side (1), step L together (&), step R side (2) (12:00)
3&4 Turn ¼ L and step L side (3), step R together (&), step L side (4) (9:00)

5&6 Turn ¼ L and step R side (5) step L together (&), step R side (6) (6:00)
7&8 Turn ¼ L and step L side (7), step R together (&), step L side (8) (3:00)

S6 (41-48) ¼ TURN L AND SHUFFLE R, L ROCKING CHAIR, TRIPLE IN PLACE

1&2 Turn ¼ L and step R side (1), step L together (&), step R side (2) (12:00)
3-6 Rock L forward (3), recover to R (4), rock L back (5), recover to R (6)
7&8 Step L side (7), step R side (&), step L together (8)

You will be facing 12:00 and the music will be mostly faded by this point, but if you want to carry the dance on,
I suggest a R rocking chair, or forward shuffles until the music is completely faded.

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