Red Hot Dancer

級數: Intermediate

編舞者: Jo Miller (USA)

音樂: In the Summertime - Mungo Jerry

CUBAN WALK FORWARD

拍數: 64

- 1 Step forward onto right foot (push left hip back a little)
- 2 Step forward onto left foot (push right hip back a little)
- 3-4 Step forward onto right foot (push left hip back a little), hold
- 5-8 Repeat with 1-4 leading with the left foot

FIGURE 8 WITH HIPS AND SALSAS

- 9-12 Make a figure 8 with hips (pushing hips to right, left, right, left), starting with knees slightly bent on first two counts, then straightening back up on last two counts
- 13&14 Step forward on right, shift weight back onto left & push that hip back on &, then step forward onto right
- 15&16 Step forward onto left, shift weight back onto right & push that hip back on &, then step forward onto left

ROCK, ROCK, ½ TURN AND SHUFFLE; ROCK, ROCK ½ TURN AND SHUFFLE, ¼ TURN

- 17 Rock forward onto right foot
- 18& Rock back onto left foot & make a ½ turn right on ball of left foot
- 19&20 Shuffle forward right-left-right
- 21 Rock forward onto left foot
- 22& Rock back onto right foot & make a ½ turn left on ball of right foot
- 23&24& Shuffle forward left-right-left, on ball of left foot make a ¼ turn left

VINE RIGHT, ROLLING VINE LEFT WITH A 1 ¼ TURN

- 25-28 Step right to right side, step left behind right, step right to right side, touch left beside it
- 29-30 Step left to left side making ¼ turn left, step onto right making ½ turn to left
- 31&32 Shuffle left-right-left to make 1/2 turn left

ROCK, ROCK, COASTER, ROCK, ROCK, SAILOR WITH A ¼ TURN (WHOLE PATTERN 2X)

- 33-34 Rock forward onto to right foot, back onto the left foot
- 35&36 Step back on right, step left beside right, step right foot forward
- 37-38 Rock forward onto left foot, back onto right foot
- 39&40 Step left behind right (making a ¼ turn to the left), rock right to right side on, step left in place 41-48 Repeat 33-40

ROCK, SHUFFLE ½ TURN, SHUFFLE ½ TURN, ROCK

- 49-50 Rock forward onto right, back onto ball of left foot
- 51&52 Shuffle making a ¹/₂ turn to the right
- 53&54 Shuffle again making a ½ turn right
- 55-56 Rock back onto right, forward onto left

You can do a double clap on count 56 as you rock forward onto your left foot depending on the music

STEP SLIDE 2X, TOUCH & TOUCH & DOUBLE KICK

- 57-58 Step forward a little on the diagonal onto right, slide left foot up to it
- 59-60 Step forward a little on the diagonal onto right, slide left foot up to it
- 61&62& Touch right toe out to side, step beside left and touch left foot out to side, step beside right foot
- 63-64 Double kick forward with right foot





牆數:1

REPEAT