

The Hot Trot

拍數: 64 牆數: 4 級數: Improver
編舞者: Deb Crew (CAN)
音樂: Honky Tonk Women - Hank Williams, Jr.



STEP OUT-OUT, STEP IN-IN; STEP OUT-OUT

- 1-2 Step out side left on left, step out side right on right (feet are apart)
- 3-4 Step in on left, step in on right (feet are together)
- 5-6 Step out side left on left, step out side right on right (feet are apart)

HIPS FORWARD, RELAX & CLAP; HIPS FORWARD, RELAX & CLAP

- 7-8 Hips thrust forward and arms pull back (hoot as arms pull back), relax hips and clap
- 9-10 Hips thrust forward and arms pull back (hoot as arms pull back), relax hips and clap

STEP IN-IN; CIRCLE HIPS LEFT TO RIGHT - LEFT TO RIGHT

- 11-12 Step in on left, step in on right (feet are together)
- 13-14 Circle hips left to right (circular motion to the left)
- 15-16 Circle hips left to right (circular motion to the left)

- 17-32 Repeat steps 1 through 16

ANGLE STEP FORWARD, STEP BEHIND, SHUFFLE IN PLACE

- 33-34 Step forward on 45 degree left angle on left, slide and step right in behind left
- 35&36 One 3-step shuffle in place: left right left
- 37-38 Step forward on 45 degree right angle on right, slide and step left in behind right
- 39&40 One 3-step shuffle in place: right left right
- 41-42 Step forward on 45 degree left angle on left, slide and step the right in behind left
- 43&44 One 3-step shuffle in place: left right left
- 45-46 Step forward on 45 degree right angle on right, slide and step the left in behind right
- 47&48 One 3-step shuffle in place: right left right

WALK BACK THREE STEPS; BALL-CROSS

- 49-51 Walk back left, walk back right, walk back left
- &52 Step side right, step left over right (weight on left - legs are crossed)

RIGHT DRAG VINE; LEFT DRAG VINE

- 53-54 Step side right, drag and step left to right (weight on left)
- 55-56 Step side right, touch left to right (weight on right)
- 57-58 Step side left, drag and step right to left (weight on right)
- 59-60 Step side left, touch right to left (weight on left)

STEP-TOUCH; ¼ TURN LEFT, STEP RIGHT TOGETHER

- 61-62 Step side right, touch left to right (weight on right)
- 63-64 Step ¼ turn left on left, step right beside left (weight on right)

REPEAT