Hot Flash



拍數: 32 編數: Intermediate international rumba

編舞者: Bryan Simmons (USA) 音樂: Temperature - Sean Paul



JUMPING JACK STOMPS, BODYROLL

- 1 Jump out with both feet
- 2 Jump forward slightly and kick left foot forward
- 3 Jump out with both feet (right foot slightly more forward)
- 4 Roll weight up to right

JAZZ BOX ½ TURN

- 5 Cross left foot over right
- 6 Step back on right foot to 45 degree (prep for left turn)
- 7 Turn ½ turn left and big step left foot forward
- 8 Drag right foot to left

JUMPING JACK STOMPS, BODYROLL

- 1 Jump out with both feet
- 2 Jump forward slightly and kick left foot forward
- 3 Jump out with both feet (right foot slightly more forward)
- 4 Roll weight up to right

JAZZ BOX 1/4 TURN

- 5 Cross left foot over right
- 6 Step back on right foot to 45 degree (prep for left turn)
- 7 Turn ¼ turn left and big step left foot forward
- 8 Drag right foot to left

SHUFFLE RIGHT ½ TURN, SHUFFLE LEFT

1&2 Shuffle right, end with right toe pointing right (prep for turn)

& Pivot ½ turn right

3&4 Shuffle left

ROLLING VINE

Step right with right foot pointed to right (prep for turn)
Turn ½ turn right on right foot and step left with left foot
Turn ½ turn right on left foot and step right with right foot

8 Touch left next to right

MAMBO STEPS REVERSE PIVOT

| 1&2 | Rock left foot forward, replace weight to right, touch left foot next to right |
|-----|--|
| 3&4 | Rock left foot left, replace weight to right, touch left foot next to right |
| 5&6 | Rock left foot back, replace weight to right, touch left foot next to right |
| 7&8 | Rock left foot back, turn ¼ left, turn ¼ left touch right foot next to left |

REPEAT