

Hot Flushes

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Terry Hogan (AUS)
音樂: Louisiana Hot Sauce - Joni Harms



VINE LEFT ¼ LEFT, RIGHT BRUSH, FORWARD RIGHT, ½ LEFT, BACK LEFT, RIGHT TOGETHER

1-2-3-4 Vine left (left, right, left) making ¼ turn left on count 3, brush right foot forward
5-6 Step right forward, make ½ turn left leaving weight on right
7-8 Step left backward, step right beside left

LEFT FORWARD DIAGONAL, BEHIND RIGHT, SIDE LEFT, BRUSH RIGHT, RIGHT FORWARD DIAGONAL, BEHIND LEFT SIDE RIGHT, BRUSH LEFT

1-2-3-4 Step left diagonally forward left, step right behind left, step side left, brush right foot forward and to the right in an arc
5-6-7-8 Step right diagonally forward right, step left behind right, step side right, brush left foot forward

FORWARD LEFT, ½ RIGHT, FORWARD LEFT, HOLD, FORWARD RIGHT, ¼ LEFT, FORWARD RIGHT, ½ LEFT

1-2-3-4 Step left forward, make ½ pivot turn right onto right, step left forward, hold
5-6-7-8 Step right forward, make ¼ turn left pushing weight onto left, step right forward, make ½ turn left pushing weight onto left - (paddle turn)

FORWARD RIGHT, TOGETHER LEFT, FORWARD RIGHT, BRUSH LEFT, ROCK FORWARD LEFT, REPLACE, ½ LEFT, HOLD

1-2-3-4 Slide-step right forward, slide left toe beside right, slide right forward, brush left foot forward
5-6-7-8 Rock-step left forward, replace weight back onto right, make ½ turn left and step left forward, hold

½ LEFT BACK RIGHT, HOLD, ½ LEFT FORWARD LEFT, HOLD, FORWARD RIGHT, TOGETHER LEFT, FORWARD RIGHT, BRUSH LEFT

1-2 Make ½ turn left and step right backward, hold
3-4 Make ½ turn left and step left forward, hold
5-6-7-8 Slide-step right forward, slide left toe beside right, slide right forward, brush left foot forward

ROCK FORWARD LEFT, REPLACE, ½ LEFT FORWARD LEFT, BRUSH RIGHT, SIDE RIGHT, TOGETHER LEFT SIDE RIGHT, BRUSH LEFT

1-2-3-4 Rock-step left forward, replace weight back onto right, make ½ turn left and step left forward, brush right foot forward and in an arc to the right
5-6-7-8 Slide-step side right, slide left beside right, slide-step side right, brush left across right

CROSS ROCK LEFT, REPLACE, ¼ LEFT FORWARD LEFT, ¼ LEFT BRUSH RIGHT, VINE RIGHT BRUSH LEFT

1-2 Cross-rock left over right, replace weight back onto right
3-4 Make ¼ turn left and step left forward, make a further ¼ turn left and brush right forward
5-6-7-8 Vine right (right, left, right), brush left foot across right

CROSS ROCK LEFT, REPLACE, SIDE LEFT, BRUSH RIGHT, FORWARD RIGHT, TOGETHER LEFT FORWARD RIGHT, BRUSH LEFT

1-2 Cross-rock left over right, replace weight back onto right
3-4 Step side left, brush right foot forward
5-6-7-8 Slide-step right forward, slide left beside right, slide-step right forward, brush left foot forward and to the left in an arc

REPEAT
