

Hot Legs

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Kim Swan (UK)
音樂: Hot Legs - Rod Stewart



Sequence AB, AB, ABBA, B to the end

PART A

TRAVELING RIGHT HEEL BALL CROSSES, ROCK, ¼ LEFT SAILOR TURN

- 1&2 Touch right heel forward at 45 degrees, step right back in place, step onto left across right
- 3&4 Touch right heel forward at 45 degrees, step right back in place, step onto left across right
- 5-6 Rock to right side, recover weight onto left
- 7&8 Step right behind left, step left to side making ¼ turn left, step right beside left

TRAVELING LEFT HEEL BALL CROSSES, ROCK, ¼ RIGHT SAILOR TURN

- 1&2 Touch left heel forward at 45 degrees, step left back in place, step onto right across left
- 3&4 Touch left heel forward at 45 degrees, step left back in place, step onto right across left
- 5-6 Rock to left side, recover weight onto right
- 7&8 Step left behind right, step right to side making ¼ turn right, step left beside right

RIGHT AND LEFT SIDE STEPS WITH SHOULDER SHIMMIES OR HIP THRUSTS

- 1-4 Right step to right side, shimmying shoulders at the same time, close left next to right
- 5-8 Left step to left side, shimmying shoulders at the same time, close right next to left

LEFT SIDE STEP WITH SHOULDER SHIMMIES, ROCK FORWARD & BACK

- 1-4 Left step to left side, shimmying shoulders at the same time, close right next to left
- 5-6 Rock forward onto right, recover weight on left
- 7-8 Rock back on right, recover weight on right

RIGHT LOCK, RIGHT LOCK STEP, LEFT LOCK, LEFT LOCK STEP

- 1-2 Step right forward at 45 degrees, slide left up to lock behind right
- 3&4 Step right forward at 45 degrees, slide left up to lock behind right, step right forward at 45 degrees
- 5-6 Step left forward at 45 degrees, slide right up to lock behind left
- 7&8 Step left forward at 45 degrees, slide right up to lock behind left, step left forward at 45 degrees

STEP RIGHT BACK, TOUCH & CLAP, STEP LEFT BACK, TOUCH & CLAP

- 1-2 Step right back at 45 degrees, touch left next to right and clap
- 3-4 Step left back at 45 degrees, touch right next to left and clap
- 5-8 Repeat 1-4

PART B

RIGHT STEP, LEFT KICKS, STEP, ROCK RIGHT, RECOVER, SAILOR STEP

- 1-2 Step right forward, kick left forward
- 3-4 Kick left to side, step down on left
- 5-6 Rock to right side, recover weight onto left
- 7&8 Cross right behind left, step left to side, step right beside left

LEFT STEP, RIGHT KICKS, STEP, ROCK LEFT, RECOVER, SAILOR STEP

- 1-2 Step left forward, kick right forward
- 3-4 Kick right to side, step down on right

5-6 Rock to left side, recover weight onto right
7&8 Cross left behind right, step right to side, step left beside right

RIGHT STEP, LEFT KICKS WITH ¼ TURN LEFT, ROCK BACK, SHUFFLE

1-2 Step right forward, kick left forward
3-4 Turning ¼ left on ball of right, kick left forward, step down on left
5-6 Rock back on right, recover weight onto left
7&8 Step right forward, step left beside right, step right forward

STEPS FORWARD WITH HOLD, STEPS OUT AND IN, STEP FORWARD, STOMPS

1-2 Step forward on left, hold
3-4 Step forward on right, hold
5&6 Step left out to side, step right out to side, step left in place
&7 Step right in place, step forward on left
&8 Stomp right twice
