

Hot Stuff

拍數: 0 牆數: 0 級數:
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音樂: Hot Stuff - Donna Summer



Sequence: AB AAB AAAB

PART A

STROLL FORWARD, KICK, STROLL BACK, TOUCH

- 1-2 Walk forward right & left
- 3-4 Walk forward right & kick left
- 5-6 Walk back left & right
- 7-8 Walk back left, touch right beside left

CHASSE TURN, TURN, CHASSE, BACK ROCK, HINGE TURN

- 1&2 Step right to right side, close left to right, step right to right side turning ¼ right
- 3&4 Turn ¼ right on ball of right foot stepping left to left side, close right to left, step right to right side
- 5-6 Rock back right, recover weight onto left
- 7-8 Turn ¼ left stepping back right, turn ¼ left stepping side left

CROSS, HOLD, HEEL JACK, CROSS SHUFFLE, SIDE, CHASSE

- 1-2 Cross right over left, hold
- &3 Step back left, dig right heel diagonally forward
- & Step right to place
- 4&5 Cross left over right, step right to right side, cross left over right
- 6 Step right to right side
- 7&8 Step left to left side, close right to left, step left to left side

MODIFIED JAZZ BOXES

- 1-2 Cross right over left, step back left
- 3-4 Step right to right side, scuff left foot forward
- 5-6 Cross left over right, step back right
- 7-8 Stomp left to left side, stomp right to right side. (no weight)

PART B

THRUSTS, CHASSE, BACK ROCK, CHASSE TURN

- 1-2 Thrust hips forward twice
- 3&4 Step right to right side, close left right, step right to right side
- 5-6 Rock back left, recover weight onto right
- 7&8 Step left to left side, close right to left, step left to left side turning ¼ left

PADDLE TURN, STOMPS, SLAPS

- 1-2 Step forward right rocking weight from right to left turning ¼ left rolling hips to the left
- 3-4 Step forward right rocking weight from right to left turning ¼ left rolling hips to the left
- 5-6 Stomp right slightly right, stomp left slightly left
- 7-8 Slap right hand on right hip, slap left hand on left hip

HIP ROLLS, SHIMMY

- 1-2 Roll hips to the left over 2 counts
- 3-4 Roll hips to the left over 2 counts
- 5-8 Step right to right side shimmying shoulder, drag left to right

POINT TURNS, STEP, POINT TURNS, STEP

- 1 Point right to right side turning 1/3 left
 - 2-3 Repeat count 1 further 2 times
 - 4 Step forward right
 - 5 Point left to left side turning 1/3 right
 - 6-7 Repeat count 5 further 2 times
 - 8 Step forward left
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