

# Hot Stuff #1

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Lee Crooks (UK) & Glad Jackson (UK)  
音樂: Hot Stuff - Donna Summer



## TOE & HEEL TOUCHES

- 1-2      Touch right heel forward, hold for one count
- 3-4      Touch right toe beside left foot, hold for one count
- 5-6      Touch right heel forward, touch right toe beside left
- 7-8      Touch right heel forward, touch right toe beside left

## ARM THRUSTS, ¼ TURN LEFT, COASTER STEP, SHUFFLE FORWARD

- 1-2      Keep elbows close to sides and arms bent making fists with palms facing up: thrust arms back twice
- 3-4      Step forward on right foot, pivot ¼ turn left keeping weight on right
- 5&6      Step back on left, step back on right, step forward left
- 7&8      Step forward right, step left beside right, step forward right

## TRIPLE STEP TURNING ½ RIGHT, ROCK STEPS, HIP BUMPS

- 1&2      Triple step- left, right, left making ½ a turn right
- 3-4      Rock back on right foot, rock on to left in place
- 5-6      Step right foot to right side while bumping hips to right side twice
- 7-8      Transfer weight on to left foot while bumping hips to left side twice

## HIP BUMPS, CHASSE RIGHT WITH ¼ TURN RIGHT, ¼ TURN RIGHT AGAIN, TWO SWAYS

- 1-2      Transfer weight to right foot while bumping hips to right side twice
- 3-4      Transfer weight to left foot while bumping hips to left side twice
- 5&6      Step right foot to right side, step left beside right, step right foot ¼ turn right
- 7      On ball of right foot make ¼ turn right stepping left foot to left side and sway left
- 8      Transfer weight on to right foot and sway right

## SHOULDER ROLLS

- 1-4      Roll right shoulder back twice, roll left shoulder back twice
- 5-8      Roll right shoulder back, left shoulder back, right shoulder back, left shoulder back

## SAILOR STEPS, CROSS AND UNWIND ½ A TURN, COASTER STEP

- 1&2      Cross left behind right, step right to right side, step left to left side
- 3&4      Cross right behind left, step left to left side, step right to right side
- 5-6      Cross left foot behind right, unwind ½ turn left
- 7&8      Step back on right, step left beside right, step forward right

## STEP ¼ TURN RIGHT, DIAGONAL SLIDES FORWARD

- 1-2      Step forward on left, pivot ¼ turn right
- 3-4      Step diagonally forward on right, slide left foot beside right
- 5-6      Step diagonally forward on left, slide right foot beside left
- 7-8      Step diagonally forward on right, slide left foot beside right

## STEP FORWARD AND SLIDE, MONTEREY ½ A TURN, HEAD TURN

- 1-2      Step forward on left, slide right foot beside left
- 3-4      Touch right toe out to right side, on ball of left turn ½ right stepping right beside left
- 5-6      Touch left toe out to left side, step left beside right

7-8

Turn head sharply to look over left shoulder, turn head sharply back to face front

**REPEAT**

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