

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
