

Heat Bumps

拍數: 32 牆數: 4 級數: Beginner
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音樂: Suavemente - Elvis Crespo



HIP BUMPS

Start with right foot slightly forward

- 1-2 Bump right hip forward twice
- 3-4 Bump left hip back twice
- 5-8 Body roll or circle hips to the left

TOUCH, KICK, COASTER STEP TWICE

- 1 Touch ball of right foot in front of left foot (look down)
- 2 Kick right foot forward (look up)
- 3&4 Coaster step (step right foot back, step left foot beside right, step right foot forward)
- 5 Touch ball of left foot in front of right foot (look down)
- 6 Kick left foot forward (look up)
- 7&8 Coaster step (step left foot back, step right foot beside left, step left foot forward)

TOUCH FORWARD, SIDE, HITCH, TOUCH SIDE, SWIVEL, ¼ TURN LEFT, BODY ROLL

- 1-2 Touch right toe forward, touch right toe to right side
- 3-4 Hitch right knee across left leg, touch right toe to right side
- 5 Swivel on balls of feet 1/8th turn to right (i.e. To corner)
- 6 Swivel on balls of feet 3/8th turn to left (i.e. ¼ turn left from home wall)
- 7-8 Body roll or hip circle

GRAPEVINE RIGHT, GRAPEVINE LEFT (OR FULL TURN LEFT) FINISH RIGHT FOOT FORWARD

- 1-2 Step right foot to right side, step left foot behind right
- 3-4 Step right foot to right side, touch left foot beside right
- 5-6 Step left foot to left side, step right foot behind left
- 7-8 Step left foot to left side, dig ball of right foot forward

REPEAT
