

# The Heat Is On

拍數: 0                      牆數: 0                      級數:  
編舞者: Rani Peacock  
音樂: Girls On Top - Girlthing



Sequence: AABB, AABB, TAG, Complete the dance with Part B only  
Dedicated to my daughter, Kathy

## PART A (START 16 COUNTS FROM THE LOUD BEAT) RIGHT, LEFT, BUMPS, COASTER STEP, HITCH TURN AND TOUCH

- 1                      Step right toe slightly forward diagonally (1:00)
- 2                      Step right heel down twist to left (11:00)
- 3&4                  Bump hips left 3 times making  $\frac{1}{4}$  turn right at count 4 (3:00)
- 5&6                  Right coaster step
- 7&8                  Scuff left, hitch left  $\frac{1}{2}$  turn right (9:00) touch left next to right

## SIDE ROCK CROSS SHUFFLE, TURN $\frac{1}{2}$ LEFT, CROSS SHUFFLE

- 1-2                  Rock left to left side, rock right in place
- 3&4                  Cross left over right, step right to right, cross left over right
- 5-6                  Turn  $\frac{1}{4}$  left stepping back right,  $\frac{1}{4}$  turn left stepping left to left
- 7&8                  Cross right over left, step left to left, cross right over left

## SIDE POINT KICK, COASTER STEP, TRAVELING KICK BALL CHANGE

- 1&2                  Point left to left, bend knees slightly  $\frac{1}{4}$  turn left and kick
- 3&4                  Left coaster step
- 5&6                  Right kick ball change moving forward
- 7&8                  Right kick ball change moving forward

## STEP RIGHT PIVOT $\frac{1}{2}$ TURN RIGHT SHUFFLE, STEP LEFT PIVOT $\frac{1}{2}$ TURN LEFT SHUFFLE

- 1-2                  Step right forward pivot  $\frac{1}{2}$  turn left
- 3&4                  Step right forward, step left behind right, step right forward
- 5-6                  Step left forward, pivot  $\frac{1}{2}$  turn right
- 7&8                  Step left forward, step right behind left, step left forward

## PART B

### VINE RIGHT HEEL, VINE LEFT HEEL (ROLL FISTS AHEAD OF CHEST WHILE SHOULDERS MOVE UP AND DOWN)

- 1-2                  Step right to right, cross left behind right
- 3-4                  Step right to right, step left heel diagonally
- 5-6                  Step left to left, cross right behind left
- 7-8                  Step left to left, step right heel diagonally

### STEP TOUCH, HIP BUMPS

- 1-2                  Step right to right, step left heel diagonally
- 3-4                  Step left to left, step right heel diagonally
- 5&6                  Step right toe slightly forward, bump and bump
- 7&8                  Step left toe slightly forward, bump and bump

### SIDE ROCK RIGHT, LEFT, SAILOR STEP

- 1-2                  Rock right to right, rock left to left (sway your hips)
- 3&4                  Step right behind left, step left to left, step right cross over left
- 5-8                  Do the same on the left

**TAG**

- 1-8 First 8 counts of Part B
  - 1-2 Step right to right, step left heel diagonally
  - 3-4 Step left to left, step right heel diagonally
  - 5-8 Tap right heel 4 times
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