

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
-