

Heat It Up

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 2 級數: Improver
編舞者: Bryan McWherter (USA)
音樂: Heat It Up - 98 Degrees



KICK & ROCK, KICK & ROCK, KICK & ROCK, KICK & TOUCH

1&2& Kick right foot forward, step right foot in place, rock left foot to left side, step right in place
3&4& Kick left foot forward, step left foot in place, rock right foot to right side, step left in place
5&6& Kick right foot forward, step right foot in place, rock left foot to left side, step right in place
7&8 Kick left foot forward, step left foot in place, touch right toe to right side

TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, SWIVEL, SWIVEL, ¼ BUMP TURN (ROCKIN MY WORLD)

9&10& Touch right toe to right side, step right foot in place, touch left toe to left side, step left in place
11&12 Touch right toe to right side, hitch right knee in front of left leg, touch right toe to right side
13-14 With heels together swivel them left, swivel center
15&16 ¼ turn to left bumping hips in a counter clock wise motion

TOUCH, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, SWIVEL, SWIVEL, ¼ BUMP TURN (ROCKIN MY WORLD)

17&18& Touch right toe to right side, step right foot in place(&), touch left toe to left side, step left in place
19&20 Touch right toe to right side, hitch right knee in front of left leg, touch right toe to right side
21-22 With heels together swivel them left, swivel center
23&24 ¼ turn to left bumping hips in a counter clock wise motion

RIGHT VINE, TOUCH, ROLLING VINE TO LEFT, TOUCH

25-28 Step right to right, cross left behind right, step right to right side, touch left beside right
29-32 Step left ¼ turn to left, on ball of left foot pivot ¼ turn left stepping right to right side, on ball of right pivot ½ turn to left stepping left to left side, touch right toe next to left foot

REPEAT
