

# Heat Stroke

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Beth Ronfeldt (USA)  
音樂: She's So Hot - Eric Heatherly



Begin dance either after 4 count of drum sticks or wait 32 more counts

## VINE RIGHT WITH ¼ TURN, HOLD, STEP SCUFF 2X

- 1-4            Step right foot to right side, step left foot behind right, step right foot forward a ¼ turn right, hold
- 5-6            Step left foot forward, scuff right foot forward
- 7-8            Step right foot forward, scuff left foot forward

## ROCK FORWARD LEFT, ½ TURN, HOLD, HEELS, TOES, HEELS, TOES

- 1-2            Rock left foot forward, recover weight onto right foot
- 3-4            Pivot on right foot ½ turn left and step left foot forward, hold
- 5              Placing feet together, swivel heels to the right
- 6              Swivel toes to the right
- 7              Swivel heels to the right
- 8              Swivel toes to the right

## JAZZ BOX, HOLD, STEP, HOLD, ½ PIVOT, HOLD

- 1-4            Cross left foot over right, step right foot back, step left foot beside right, hold
- 5-6            Step right foot forward, hold
- 7-8            Pivot ½ turn left, hold

## WALK, ½ PIVOT WITH HEEL TOUCH, HOLD, KNEE POPS (OR DWIGHT SWIVELS)

- 1-4            Step right foot forward, step left foot forward, pivot on left foot ½ turn right and touch right heel forward, hold
- 5              Drop right toes and with weight on ball of right foot, pop right knee inward
- 6              Pop right knee outward
- 7              Pop right knee inward
- 8              Pop right knee outward

## REPEAT

Option: instead of knee pops on the last 4 counts, you can do Dwight swivels:

- 5              Swivel left heel right and touch right toes in
- 6              Swivel left toes right and touch right heel in
- 7              Swivel left heel right and touch right toes in
- 8              Swivel left toes right and touch right heel in