

# Heat, Sweat & Anxiety

COPPER KNOB  
BYEBOBETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Barbara Jagusch (USA)  
音樂: He's Your Problem Now - Ruby Lovett



This dance is dedicated to my Dad, who inspired me through his recent illness to never under estimate the power of prayer and to all the dancers & fellow instructors that saw us through this rough time. -- BJ

## WALK 2 - HEEL SWITCHES - WALK 2 - SHUFFLE

1-2      Walk forward right, left  
3&      Touch right heel forward, step right besides left  
4&      Touch left heel forward, step left besides right  
5-6      Walk forward right, left  
7&8      Shuffle forward right, left right

## STEP/HOLD - CROSS/HOLD - ROCK STEP - BEHIND & CROSS

1-2      Step left to left side, hold  
3-4      Cross step right over left, hold  
5-6      Rock left to left side, recover weight to right foot  
7&8      Step left behind right, step right to right side, cross left over right

## ROCK STEP - CROSSING SHUFFLE - ¾ TOE/HEEL TURN

1-2      Rock right to right side, recover weight to left foot  
3&4      Crossing shuffle right, left, right  
5-6      Making ¼ turn right step back on left toe, drop left heel  
7-8      Making ½ turn right step forward on right toe, drop right heel

## HIP BUMPS - 2 COUNT VINE - MONTEREY TURN

1&2      Step slightly forward on left bumping hips left, right, left  
3-4      Cross right behind left, step left to left side  
5-6      Touch right toe to right side, turn ½ turn right  
7-8      Touch left toe to left side, step left next to right

**REPEAT**

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