

# Drop The Heat

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Guyton Mundy (USA)  
音樂: Drop That Heater - Omarion



## ¼ CROSS AND CROSS, ¾ TURN TO LEFT, WALK BACKS, ½ TURN OUT AND OUT

- 1&2      While making a ¼ turn to left, cross left over right, step right to right side, cross left over right  
3&4      Step back on right while making a ¼ turn to left, step together left while making a ¼ turn to the left, step back on right making a ¼ turn to the left  
5&6      Walk straight back left-right-left  
7&8      While making a ½ turn right step forward on right, step left to left side, step right to right side

## LEFT COASTER, ¼ TURN ROCK AND CROSS, ½ TURN SAILOR WITH ARMS, HITCH

- 1&2      Step back on left, step together with right, step forward on left  
3&4      While making a ¼ turn to the left, rock right to right side, recover left, cross right over left  
5&6      Step back on left, making a ¼ turn to the right, step together with right while making a ¼ turn to the right, step forward on left

### Arm styling:

- 5      Place right arm out in front with closed fist  
&      Place left arm out slightly above the right, with closed fist  
6      Hit top of right fist with bottom of left fist  
&      Hitch right knee while hitting with the right fist  
7      Step down on right foot while hitting the bottom of left fist with top of right fist  
&      Lift left fist slightly on angle away from right  
8      Pop right shoulder up as left shoulder goes down, hitch left knee slightly while looking to the left

## STEP CROSS STEP, ½ TURN SAILOR, SYNCOPATED JAZZ WITH DRAG, WEAVE

- 1&2      Step left to left side, cross right over left, step left to left side  
3&4      Step back on right making a ¼ turn to the right, step together with left while making a ¼ turn to the right, step forward on right  
5&6      Cross left over right, step back on right, take a big side step to left with left while dragging the right in  
7&8      Step right behind left, step left to left side, cross right over left

## HITCH WITH SHOULDER SHRUGS, SIDE STEP, SAILOR, ROCK/RECOVER WITH HALF CHASSE TURN

- 1&2      Hitch left up, step left to left side (while rocking shoulders left-right-left)  
3&4      Step right behind left, step together with left, step forward on right  
5&6      Rock forward on left, recover on right, make a ½ turn to left stepping forward on left  
7&8      Step forward on right, ½ turn pivot to left stepping on left, step forward on right

## REPEAT

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