

# Canned Heat

拍數: 32      牆數: 4      級數: Improver  
編舞者: John Robinson (USA)  
音樂: Canned Heat - Jamiroquai



## RIGHT VINE, LEFT TOUCH, HIP BUMPS LEFT-RIGHT-LEFT-RIGHT

1-2      Right step side right; left step across behind right  
3-4      Right step side right; left touch next to right  
5-6      Bump hips left; bump hips right  
7-8      Bump hips left; bump hips right (weight on right foot)

## LEFT STEP ¼ TURN LEFT, RIGHT STEP ¼ TURN LEFT, LEFT ROCK, RIGHT RECOVER, LEFT, STEP FORWARD, RIGHT TOGETHER, SYNCOPATED KNEE KNOCK

1-2      Left step ¼ turn left; pivot ¼ left on ball of left foot stepping right foot about shoulder width apart from left  
3-4      Left rock ball of foot behind right heel; right step in place  
5-6      Left step forward; right step next to left  
&7&8      With weight on left foot, bend knees outward slightly, bend knees inward, bend knees outward slightly, bend knees inward

Option: click heels twice on &7&8. With weight primarily on left foot, spread heels, click together, spread heels, click heels together

## WALK RIGHT, LEFT, RIGHT KICK, STEP HOME, LEFT TOE TAP BACK, STEP HOME, RIGHT STEP FORWARD, ½ PIVOT LEFT

1-2      Right step forward; left step forward  
3-4      Right kick forward; right step next to left  
5-6      Left toe tap back; left step next to right  
7-8      Right step forward; pivot ½ left shifting weight left

## WALK RIGHT, LEFT, RIGHT KICK, STEP HOME, LEFT TOE TAP BACK, STEP HOME, RIGHT STEP FORWARD, ¼ PIVOT LEFT

1-2      Right step forward; left step forward  
3-4      Right kick forward; right step next to left  
5-6      Left toe tap back; left step next to right  
7-8      Right step forward; pivot ¼ left shifting weight left

**REPEAT**

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