

# Canned Heat

拍數: 32      牆數: 4      級數: Intermediate hustle  
編舞者: Brandi Hughes (CAN)  
音樂: Canned Heat - Jamiroquai



## BODY ROLL, HEEL BOUNCE, ELBOW POP, SAILOR STEP, SHUFFLE FORWARD

1-2            Roll body starting from head down  
3-4            Bounce both heels (clap), press right elbow out to right side (taking weight onto right)  
5&6            Cross left foot behind right, step right to right side, step left to left side  
7&8            Step right foot forward, bring left beside right, step right foot forward

## PIVOT ¼ TURN, SYNCOPATED VINE, POINTS, FLICK HEEL

1-2            Step forward with left foot, pivot ¼ turn to right shoulder taking weight onto right  
3&4            Cross left behind right, step right to right side, cross left over right  
5&6&           Point right to right side, step together, point left to left side, step together  
7-8            Point right to right side, flick right heel up

## SYNCOPATED JAZZ BOX, SAILOR STEP, HEEL DIGS AND TOE POINTS

1&2            Cross right over left, step back left, step right to right side  
3&4            Cross left behind right, step right to right side, step left to left side  
5&6&           Place right heel forward, step together, point left toe back, step together  
7&8            Place right heel forward, step together, point left toe back

## MODIFIED SWAMP THINGS (TWICE), KICK BALL POINT, SHUFFLE RIGHT

&1-2           Cross right behind left, step right to right side, heel bounce (clap)  
&3-4           Cross right behind left, step right to right side, heel bounce (clap)  
5&6            Kick left across right, step left to left side, point right to right side  
7&8            Step right to right side, step left beside right, step right to right side

## REPEAT

At the start of the dance the weight is on both feet with more slightly on the left until the elbow pop

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