

Hot & Cold

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Audrey Watson (SCO) - January 2009
音樂: Hot n Cold - Katy Perry : (CD: One of the boys)



Intro: 8 Counts – BMP 128

This dance was written for Sherrieann and Katie from The Centre Liners - Stranraer

SECTION ONE: SIDE TOUCH, ¼ TURN TOUCH, SIDE TOUCH, ¼ TURN TOUCH.

- 1-2 Step right to right side, touch left next right.
- 3-4 Turn ¼ right stepping left to left side, touch right next left.
- 5-6 Step right to right side, touch left next right.
- 7-8 Turn ¼ left stepping left to left side, touch right next left.

SECTION TWO: FWD FWD, BACK BACK, ARMS UP, KNEE BENDS.

- 1-2 Step right foot forward, step left foot forward (Shoulder width apart)
- 3-4 Step back on right foot, step back on left.
- 5-6 Point both arms straight up above head, place arms back in place.
- 7-8 Bend both knees, straighten up.

RESTART THE DANCE HERE ON WALL 3 – FACING FRONT WALL

ADD 4 COUNT TAG HERE ON WALL 7 RESTART DANCE FROM BEGINNING – FACING BACK WALL

SECTION THREE: KNEE POPS - IN, OUT, IN, KICK, BEHIND SIDE, CROSS SHUFFLE,.

- 1-2 Turn right knee in, turn right knee out.
- 3-4 Turn right knee in, kick right foot out to right side.
- 5-6 Cross right behind left, step left to left side.
- 7&8 Step right over left, step left to left side, cross right over left..

SECTION FOUR: STEP, ¼ TURN, FWD SHUFFLE, ½ TURN BACK SHUFFLE, SIDE ROCK.

- 1-2 Step left to left side, turn ¼ right stepping right to right side.
- 3&4 Shuffle fwd on left, right, left.
- 5&6 Turn ½ left shuffle back on right, left, right.
- 7-8 Rock left to left side, recover on right.

SECTION FIVE: CROSS SIDE, COASTER STEP, CROSS SIDE COASTER STEP.

- 1-2 Cross left over right, step right to right side.
- 3&4 Step back on left, step right next left, step fwd on left.
- 5-6 Cross right over left, step left to left side.
- 7&8 Step back on right, step left next right, step fwd on right.

SECTION SIX: STEP HOLD & STEP HOLD & STEP KICK, SAILOR ¼ TURN

- 1-2 Step fwd on left, hold for a beat.
- &3-4 Step right next left, step fwd on left, hold for a beat.
- &5-6 Step right next left, step fwd on left, kick right foot fwd.
- 7&8 Turn ¼ right stepping right behind left, step left to left side, step right to right side.

SECTION SEVEN: STEP POINT, BACK POINT, CROSS ¼ TURN, ¼ TURN, POINT.

- 1-2 Step fwd on left, point right toe to right side.
- 3-4 Step back on right, point left toe to left side.
- 5-6 Cross left over right, turn ¼ left stepping back on right.
- 7-8 Turn ¼ left stepping left to left side, point right toe to right side.

SECTION EIGHT: FWD FWD, BACK BACK, ARMS UP, KNEE BENDS.

- 1-2 Step right foot forward, step left foot forward (Shoulder width apart)
- 3-4 Step back on right foot, step back on left.
- 5-6 Point both arms straight up, place arm back in place.
- 7-8 Bend both knees, straighten up.

ADD 4 COUNT TAG HERE ON WALL 6 – FACING BACK WALL

TAG: ROCKING CHAIR. TO BE ADDED AT THE END OF WALL 6 & AFTER 16 COUNTS ON WALL 7

- 1-2 Rock fwd on right, recover back on left.
 - 3-4 Rock back on right, recover fwd on left.
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