4am & 40 Degrees



拍数: 32 **墙数:** 0 **级数:** Beginner / Circle

编舞者: Kelly Kaylin (CAN) - July 2019

音乐: Hot Hot Hot - Arrow



Choreographed at 4:00 am during a heat wave this dance was something for fun for beginners.

TOE TOUCHES, ROCK STEP, SLIDES

1-2	Touch right toe to right side, touch right beside left
3-4	Touch left toe to left side, touch left beside right
5-8	Repeat steps 1-4
9-12	Rock forward on right, recover weight on left, rock back right, recover weight on left
13-16	Step right foot forward, slide left beside right, step right forward, slide left beside right
17-20	Rock forward on left, recover weight on right, rock back on left, recover weight on right
21-24	Step left foot forward, slide right beside left, step left forward, slide right beside left

TRIPLE STEP, HAT DANCE

25&26	Step in place right, left, right
27&28	Step in place left, right, left
29&30	Touch right heel out, quickly step right home and extend left heel
31&32	Quickly step left home and extend right heel, clap

REPEAT