

Long 'n' Hot

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Long Hot Summer - Girls Aloud



RIGHT AND LEFT HEEL AND RIGHT KICK BALL CROSS, RIGHT BACK, SIDE LEFT, RIGHT CROSS, SIDE - SHAKE LEFT, CENTER, LEFT

- 1&2& Point right to right side, step right next to left, touch left heel forward, step left next to right
- 3&4 Kick right diagonal forward right, step right next to left, cross left over right
- 5&6 Step right in place, step left back and to the side left, cross right over left
- 7 Step left side left placing palms on cheek bones on face and shake head to the left
- &8 With hands still on cheek bones in place shake head center, then left again

Option: if you do not want to shake your head just do hip bumps in place instead

RIGHT STEP LOCK & LEFT STEP LOCK &, POINT RIGHT, ¼ RIGHT, LEFT TRIPLE CROSS

- 1-2& Right step forward, left lock behind right, right step forward
- 3-4& Left step forward, right lock behind left, left step forward
- 5-6 Point right side right, make ¼ turn right step right next to left place right palm next to right face cheek
- 7 Cross left over right and isolate right hand from wrist and chop hand forward and look left
- & Step right side right looking forward and bring hand back to face cheek
- 8 Cross left over right and isolate right hand from wrist and chop hand forward and look left

RIGHT SWEEP, PRESS, BOUNCE, BOUNCE, HITCH, STEP LOCK, RIGHT LOCK STEP FORWARD

- 1-2 Sweep right from back to front, pressing right forward in place
- 3&4 Bounce on both heels, bounce on both heels, transfer weight to left foot hitching right knee
- 5-6 Step right forward, lock left behind right
- 7&8 Step right forward, lock left behind right, step right forward

LEFT ROCK STEP, LEFT TRIPLE ½ TURN, LIFT STEP, LEFT STEP LOCK STEP

- 1-2 Rock left forward, replace weight right
- 3&4 Step left ¼ turn left, step right next to left, step left ¼ turn left
- 5 Raise up on the ball of the left foot and bring the right hip up raising the right leg off the floor
- 6 step right forward
- 7&8 Step left forward, lock right behind left, step left forward

Option:

- 5-6-7&8 Right kick, step forward right, run forward left, right, left

REPEAT