

Heat Stroke

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Beth Ronfeldt (USA)
音乐: She's So Hot - Eric Heatherly



Begin dance either after 4 count of drum sticks or wait 32 more counts

VINE RIGHT WITH ¼ TURN, HOLD, STEP SCUFF 2X

- 1-4 Step right foot to right side, step left foot behind right, step right foot forward a ¼ turn right, hold
- 5-6 Step left foot forward, scuff right foot forward
- 7-8 Step right foot forward, scuff left foot forward

ROCK FORWARD LEFT, ½ TURN, HOLD, HEELS, TOES, HEELS, TOES

- 1-2 Rock left foot forward, recover weight onto right foot
- 3-4 Pivot on right foot ½ turn left and step left foot forward, hold
- 5 Placing feet together, swivel heels to the right
- 6 Swivel toes to the right
- 7 Swivel heels to the right
- 8 Swivel toes to the right

JAZZ BOX, HOLD, STEP, HOLD, ½ PIVOT, HOLD

- 1-4 Cross left foot over right, step right foot back, step left foot beside right, hold
- 5-6 Step right foot forward, hold
- 7-8 Pivot ½ turn left, hold

WALK, ½ PIVOT WITH HEEL TOUCH, HOLD, KNEE POPS (OR DWIGHT SWIVELS)

- 1-4 Step right foot forward, step left foot forward, pivot on left foot ½ turn right and touch right heel forward, hold
- 5 Drop right toes and with weight on ball of right foot, pop right knee inward
- 6 Pop right knee outward
- 7 Pop right knee inward
- 8 Pop right knee outward

REPEAT

Option: instead of knee pops on the last 4 counts, you can do Dwight swivels:

- 5 Swivel left heel right and touch right toes in
- 6 Swivel left toes right and touch right heel in
- 7 Swivel left heel right and touch right toes in
- 8 Swivel left toes right and touch right heel in