

# Beat The Heat

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: John Robinson (USA)  
音乐: Burn It Up (7-Inch Original Radio Edit) - The Beatmasters



Start 32 counts in with the lyric "Burn it up". Do not use the Burn It Up (On The Groove Tip) version of the song on the same album

## RIGHT SIDE, LEFT BEHIND & SYNCOPATED POINTS LEFT THEN RIGHT, RIGHT CROSS, LEFT SIDE, RIGHT SAILOR TURNING ¼ RIGHT WITH HITCH

The first five counts should travel slightly forward

- 1-2      Right step side right and slightly forward, left step behind right
- &3&4      Right small step side right and slightly forward, left toe point side left, left step to center and slightly forward, right toe point side right
- 5-6      Right step forward across left, left step side left
- 7&8      Right step ball of foot behind left, left step in place turning ¼ right (to 3:00), raise right knee tucking right foot close to left calf

## RIGHT PRESS, RECOVER, LEFT COASTER STEP, LEFT STEP, RIGHT LOCK, LEFT LOCKING TRIPLE

- 1-2      Right press ball of foot forward, recover to left
- 3&4      Right step ball of foot back, left step ball of foot next to right, step right forward
- Angle body diagonally right toward 4:30 for the next four counts, but travel forward toward 3:00
- 5-6      Step left forward, right lock behind left
- 7&8      Step left forward, right lock behind left, step left forward

Styling option: if you like, work your shoulders as you do the step-lock patterns

## ¼ TURN LEFT, LEFT TAP, ½ TURN LEFT CROSS & CROSS, RIGHT SIDE STEP, LUNGE TOUCHING LEFT OUT, TOUCH IN-OUT-IN

- 1-2      Pivot ¼ left (to 12:00) stepping right side right, left toe tap next to right
- 3&4      Pivot ½ left (towards 6:00) stepping left across right, right step side right, left step across right
- 5-6      Right step side right, bend right knee and extend left toe side left (lunge)
- Styling option: when you lunge, look at the floor and place left hand on forehead palm facing in
- 7&8      Keeping right knee bent, left touch next to right, left touch out side left, left touch next to right

## STEP IN PLACE & FLICK BACK WITH ¼ TURN LEFT, WALK, WALK, ROCK & CROSS, SYNCOPATED ANGLED ROCKS, STEP FORWARD & TURN ½ LEFT WITH RIGHT SWEEP

- &1      Left step next to right straightening up, pivot ¼ left (to 3:00) flicking right up behind you
- 2-3      Step right forward, step left forward
- 4&5      Right rock ball of foot side right, recover to left, right step forward across left towards 1:30
- Stay angled diagonally left (towards 1:30) for the next three counts
- 6&7&      Left rock ball of foot forward, recover to right, left rock ball of foot back, recover to right
- 8&      Left step forward diagonally left (towards 1:30), immediately pivot 3/8 turn left (toward 9:00) while quickly sweeping right toe next to left

REPEAT

RESTART

Dance four times all the way through, then do the first 16 and start over (you'll be facing 3:00 when this happens)

END OF SONG

For those of you that like to finish with style, you'll be facing 3:00 when the music fades just as you do the rock & cross in the last set of 8. Finish with the syncopated rocks and the sweep turn but only turn 1/8 left to

face the original wall

Execute this dance smoothly with no "bounces" or "hops" on the syncopated counts, but feel free to add a bit of funky flair in your shoulders, arms and hands while dancing

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