

Heat Wave

COPPER KNOB
STEPPERS

拍数: 80 墙数: 4 级数: Low Intermediate - Motown fun
编舞者: Carl Sullivan (AUS) - July 2014
音乐: Heatwave - Aaradhna : (Album: Sweet Soul Music - iTunes)



Intro – 16 counts - Styling 1960s Motown - 1 Restart

Pattern: □ Each Sequence Turns ¼ Right

[1-3 moves to R diagonal –with both arms at 90 degs swinging fwd, back, fwd]

- 1-2-3 Step R fwd on diagonal, Step L beside R, Step R fwd
4 Hitch L knee slightly to turn to L diagonal
5-6 Step L fwd on L diagonal, Touch R beside with clap
7-8 Turn to R diagonal & Step R fwd on diagonal, Touch L beside with clap
- 1-8 Turn to L diagonal and repeat above 8 counts leading with L foot
- 1-2 Step R back on slight angle to R, Touch L toe beside R - both arms swing to R
3-4 Step L back on slightly angle to L, Touch R toe beside L – both arms swing to L
5-8 Repeat above 4 counts
- 1-2 Step R to R, Touch L toe just behind R – R arm swings up
3-4 Step L to L, Touch R toe cross-behind L – R arm swings down & across to L
5-8 Repeat above 4 counts. Bend knees on touches
- 1-4 Step R to R, Step L behind R, ¼ R & Step R fwd, Step L to L □ □ 3:00
5-8 Swivel both heels L, Swivel both toes L, Swivel both heels L, Hold
- 1-2 Step R to R, Touch L toe just behind R – R arm swings out to R
3-4 Step L to L, Touch R toe cross-behind L – R arm swings down & across to L and look to L, keep knees bent
5-8 Repeat above 4 counts
- 1-2 Step R to R, Touch L beside R – R hand wipes sweat off brow (palm is down)
3-4 Step L to L, Touch R beside L – L hand wipes sweat off brow (palm is down)
5-8 Turn ¾ R turn keeping turn tight stepping R, L, R, Hold □ □ □ 12:00
- 1-8 Repeat above 8 counts on L side leading with L foot & L hand □ □ 3:00
- 1-8 Using toe heel struts - Step R across L, Step L back, Step R to R, Step L fwd while both arms swing R, L, R, L
- 1-8 Vine R (R, L, R) Scuff L fwd, Vine L (L, R, L), Touch R beside L

[80] □ □ Restart: On the 3rd Sequence leave off the last 16 counts & restart

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