

拍數: 64 牆數: 4 級數: Intermediate

編舞者: Dee Cresdee (CAN), Ember Schira (CAN) & Sheila Smith (CAN)

音樂: Hot Stuff - Donna Summer



Won second place for choreography at Jamboree, British Columbia

JAZZ BOX, HIP CIRCLES RIGHT AND LEFT

1	Cross	right	over	left
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2 Step left back

3 Step right to right side4 Step left beside right

5 Step right forward, pushing right hip to right diagonal

& Push left hip back on left diagonalRotate hips counter to the right

7 Step left forward, pushing left hip to left diagonal

& Push right hip back on right diagonal

8 Rotate hips to the right

FORWARD, SIDE-BALL-CHANGE, TOGETHER, POINT & POINT, STEP, POINT, STEP, POINT

9&10& Step right forward, step sideways onto left toe/ball, briefly pick up right foot and replace to

same spot, step left beside right

11&12 Point right to right side, step right beside left, point left to left side

13 Step left forward

Point right to right side
Step right forward
Point left to left side

PULL, PULL, COASTER STEP, ROCK BACK, ½ TURN LEFT, STEP FORWARD, SHUFFLE FORWARD

&17 Step left forward keeping weight on right while moving arms forward at hip level, with closed

fists pull arms back as you push hips forward (pumping action)

& Move arms forward, hips back

18 Pull arms back while pushing hips forward

19&20 Coaster step: step left back, step right beside left, step left forward

21 Rock right back

22 Turn ½ to left and step left forward

Shuffle forward: step right forward, step left beside right, step right forward

ROCK BACK, ½ TURN RIGHT, STEP FORWARD, SHUFFLE FORWARD, RIGHT ARM COMBO

25 Rock left back

26 Turn ½ to right and step right forward

27&28 Shuffle forward: step left forward, step right beside left, step left forward

29 Arm combo: step right to right side and extend right arm to approximately 30 degrees from

right side of body, with fingers straight and together, palm forward

Raise extended right arm to right side, shoulder height, turning palm down

31 Make a fist and bend arm to ¼ turn, then move arm forward at shoulder height with fist facing

toward you

32 Stomp right beside left keeping weight on left, while bringing right arm back to neutral

position

"FAST FEET" FORWARD AND BACK, AND STEP, 1/4 PIVOT LEFT TWICE

Fast feet: step right slightly forward (33), step left in place (&)

34& Step right slightly back (34), step left in place (&)

35 Step right forward

36 ½ pivot left, weighted left (9:00)

37-40 Repeat 33-36 (6:00)

SYNCOPATED WEAVE, STOMP, STEP-SLIDE TWICE, STEP-TOUCH

41& Cross right over left, step left to left side 42& Cross right behind left, step left to left side

43 Cross right over left44 Stomp left beside right

Lifting right knee up slightly, step right to right side

&46 Slide left beside right, lifting right knee up slightly, step right to right side &47 Slide left beside right, lifting right knee up slightly, step right to right side

48 Touch left beside right

PULL, PULL, COASTER STEP, ARM COMBO

&49 Step left forward keeping weight on right while moving arms forward at hip level, with closed

fists pull arms back as you push hips forward (pumping action)

& Move arms forward, hips back

50 Pull arms back while pushing hips forward

51&52 Coaster step: step left back, step right beside left, step left forward

Arm combo: step right to right side and extend right arm to approximately 30 degrees from

right side of body, with fingers straight and together, palm forward

54 Raise extended right arm to right side, shoulder height, turning palm down

55 Make a fist and bend arm to ¼ turn, then move arm forward at shoulder height with fist facing

toward you

56 Stomp right beside left keeping weight on left, while bringing right arm back to neutral

position

STEP, 1/4 PIVOT LEFT, CROSS-BALL-CROSS, BODY ROLL LEFT TWICE

57 Step right forward

58 Turn ¼ to left, weighted left (3:00)

59&60 Cross right over left, step toe/ball of left slightly back and to left side (keep legs crossed),

cross right over left

61-62 Body roll: point left to left side, hold

& Transfer weight to left and push off on left toe and step right beside left

63-64 Repeat 61-62

& Jump/step left beside right (ready to begin again, crossing right over left)

REPEAT

TAG

When using the song "Hot Stuff", there will be a tag at the end of wall 5. You will be facing the 3:00 wall when you begin the tag

STOMP, CLAP, STOMP, CLAP, CLAP, WALK FORWARD RIGHT-LEFT-RIGHT-TOGETHER

1& Stomp right forward, clap

2& Pick up right and stomp to same place, clap3&4 Pick up right and stomp to same place, clap, clap

5-7 Walk forward right, left, right (3:00)

8 Step left beside right

9-16 Pivot on toe/ball of left foot, turning ¼ turn right, then repeat tag 1-8 (6:00)
17-24 Pivot on toe/ball of left foot, turning ¼ turn right, then repeat tag again (9:00)

25-22 Pivot on toe/ball of left foot, turning 1/turn right, then repeat tag again (9:00)

25-32 Pivot on toe/ball of left foot, turning ¼ turn right, then repeat tag for last time (12:00)

