

Heat It Up

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK)
音樂: Something Kinda Ooh - Girls Aloud



KICK & HEEL TAP, SWITCH TOUCH, HOLD, JAZZ JUMP, HOLD, CONCERTINA STEPS

- 1&2 Kick right forward, step right next to left, tap left heel forward
- &3-4 Step left next to right, touch right toe next to left, hold
- &5-6 Jump out forward on right, jump out left, (feet level), hold
- &7 Step forward bringing right in, bring left in (feet level)
- &8 Step forward moving right out, move left out (feet level)

TOGETHER, LEFT CROSS, HOLD, ROCK, RECOVER, ½ HINGE TURNS, SAILOR ¼ RIGHT

- &1-2 Step right next to left, cross left over right, hold
- 3-4 Step out to right side rocking right, recover onto left
- 5-6 ½ hinge turn to right stepping right to right side, ½ hinge turn right stepping left to left side (12:00)
- 7&8 Cross right behind left, step left to left side, make ¼ turn right stepping forward on right (3:00)

¼ RIGHT, DRAG, TOGETHER, WALKS LEFT, RIGHT, LEFT SHUFFLE, STEP, ½ PIVOT LEFT

- 1-2 Make ¼ turn right stepping a big step left to left side, drag right towards left (6:00)
- &3-4 Step right next to left, walk forward left, walk forward right
- 5&6 Step forward on left, step right next to left, step forward on left
- 7-8 Step forward on right, make ½ pivot turn left (weight on left) (12:00)

RIGHT WIZARD, STEP, HITCH, ¼ RIGHT, BACK RIGHT, LEFT COASTER

- 1-2& Step forward on right, lock left behind right, step forward on right
- 3-4 Step forward on left, hitch right knee forward
- 5-6 Make ¼ turn right with knee still hitched, step back on right (3:00)
- 7&8 Step back on left, step right next to left, step forward on left

Tag occurs here during wall 5

SIDE POINT SWITCHES, TOGETHER, KNEE POPS, RIGHT DIAGONAL, TOUCH, LEFT HIP BUMPS

- 1&2 Point right to right side, step right next to left, point left to left side
- &3 Step left next to right, pop right knee forward
- &4 Place weight onto right, pop left knee forward
- &5-6 Place weight onto left, step forward on a right diagonal onto right, touch left next to right
- 7-8 Step left to left side bumping hips left, bump hips left again leaving weight on left

ROCK, RECOVER, CROSS BEHIND, UNWIND FULL, LEFT ROCK, RECOVER, LEFT HEEL JACK

- 1-2 Rock to right side, recover onto left
- 3-4 Cross right behind left, unwind a full turn right ending with weight on right (3:00)
- 5-6 Left side rock, recover onto right
- 7&8 Cross left over right, step back on right, tap left heel forward on a left diagonal

HOLD, RIGHT HEEL JACK, HOLD, TOGETHER, ROCKS, FULL TRIPLE LEFT ON THE SPOT

- 1&2 Hold, step left next to right, cross right over left
- &3-4 Step back on left, tap right heel forward on a right diagonal, hold
- &5-6 Step right next to left, rock forward on left, rock back on right
- 7&8 Make ½ turn left stepping forward on left, step right beside left, (9:00), make ½ turn left stepping left beside right (3:00)

Easy option:

7&8 Left coaster step

ROCKS, ½ SHUFFLE TURN RIGHT, STEP, ½ PIVOT RIGHT, KICK & TOUCH

1-2 Rock forward on right, rock back on left

3&4 ¼ turn right stepping right to right side, step left next to right (6:00), ¼ turn right stepping forward on right (9:00)

5-6 Step forward on left, ½ pivot turn right ending with weight on right (3:00)

7&8 Kick forward on left, step left next to right, touch right next to left

REPEAT

TAG

After 32 counts of wall 5 - facing 3:00

(STEP, ½ PIVOT LEFT) TWICE

1-2 Step forward on right, ½ pivot turn left

3-4 Step forward on right, ½ pivot turn left
