

Heat It Up

64 count, 4 wall, intermediate level

Choreographer: Maggie Gallagher (UK), October 2006

Choreographed to: "Something Kinda Ooh" by Girls Aloud, CD Single

Intro: 36 counts (17 secs), start on the word "Something"

Section 1 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 (12)
- &3, 4 Step left next to right, touch right toe next to left, hold
- &5, 6 Jump out forwards 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)

Section 2 Together, Left Cross, Hold, Rock, Recover, 1/2 Hinge Turns, Sailor 1/4 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 1/2 hinge turn to right stepping right to right side, 1/2 hinge turn right stepping left to left side (12)
- 7&8 Cross right behind left, step left to left side, make 1/4 turn right stepping forward on right (3)

Section 3 1/4 Right, Drag, Together, Walks L, R, Left Shuffle, Step, 1/2 Pivot Left

- 1, 2 Make 1/4 turn right stepping a big step left to left side, drag right towards left (6)
- &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 1/2 pivot turn left (weight on left) (12)

Section 4 Right Wizard, Step, Hitch, 1/4 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 1/4 turn right with knee still hitched, step back on right (3)
- 7&8 Step back on left, step right next to left, step forward on left
- Tag** *Occurs here during Wall 5, then Restart dance from beginning*

Section 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 forwards
- &4 Place weight onto right, pop left knee forwards
- &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

Section 6 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)
- 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

Section 7 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 1/2 turn left stepping forward on left, step right beside left, (9), make 1/2 turn left stepping left beside right (3)

Option *(Easy option for 7&8 – Left Coaster Step)*

Section 8 Rocks, 1/2 Shuffle Turn Right, Step, 1/2 Pivot Right, Kick & Touch

- 1, 2 Rock forward on right, rock back on left
- 3&4 1/4 turn right stepping right to right side, step left next to right, (6)
1/4 turn right stepping forward on right (9)
- 5, 6 Step forward on left, 1/2 pivot turn right ending with weight on right (3)
- 7&8 Kick forward on left, step left next to right, touch right next to left

Tag *4 Counts After 32 Counts Of Wall 5 – Facing the 3-O’Clock Wall (Step, 1/2 Pivot Left) x 2*

- 1, 2 Step forward on right, 1/2 pivot turn left
 - 3, 4 Step forward on right, 1/2 pivot turn left
- Then Restart dance from beginning*

Quelle:

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