

# BEAT THE HEAT

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**Count:** 32                      **Wall:** 4                      **Level:** intermediate

**Choreographer:** John H. Robinson

**Music:** Burn It Up (7-Inch Original Radio Edit) by 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  $\frac{1}{4}$  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  $\frac{1}{4}$  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**

**$\frac{1}{4}$  TURN LEFT, LEFT TAP,  $\frac{1}{2}$  TURN LEFT CROSS & CROSS, RIGHT SIDE STEP, LUNGE TOUCHING LEFT OUT, TOUCH IN-OUT-IN**

- 1-2**                      Pivot  $\frac{1}{4}$  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 ¾ 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**