

LONG 'N' HOT

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Jo & John Kinser & Junior Willis

Music: Long Hot Summer by Girls Aloud

RIGHT AND LEFT HEEL AND RIGHT KICK BALL CROSS, RIGHT BACK, SIDE LEFT, RIGHT CROSS, SIDE - SHAKE LEFT, CENTER, LEFT

- 1&2&** Point right to right side, step right next to left, touch left heel forward, step left next to right
- 3&4** Kick right diagonal forward right, step right next to left, cross left over right
- 5&6** Step right in place, step left back and to the side left, cross right over left
- 7** Step left side left placing palms on cheek bones on face and shake head to the left
- &8** With hands still on cheek bones in place shake head center, then left again

Option: if you do not want to shake your head just do hip bumps in place instead

RIGHT STEP LOCK & LEFT STEP LOCK &, POINT RIGHT, ¼ RIGHT, LEFT TRIPLE CROSS

- 1-2&** Right step forward, left lock behind right, right step forward
- 3-4&** Left step forward, right lock behind left, left step forward
- 5-6** Point right side right, make ¼ turn right step right next to left place right palm next to right face cheek
- 7** Cross left over right and isolate right hand from wrist and chop hand forward and look left
- &** Step right side right looking forward and bring hand back to face cheek
- 8** Cross left over right and isolate right hand from wrist and chop hand forward and look left

RIGHT SWEEP, PRESS, BOUNCE, BOUNCE, HITCH, STEP LOCK, RIGHT LOCK STEP FORWARD

- 1-2** Sweep right from back to front, pressing right forward in place
- 3&4** Bounce on both heels, bounce on both heels, transfer weight to left foot hitching right knee
- 5-6** Step right forward, lock left behind right
- 7&8** Step right forward, lock left behind right, step right forward

LEFT ROCK STEP, LEFT TRIPLE ½ TURN, LIFT STEP, LEFT STEP LOCK STEP

- 1-2** Rock left forward, replace weight right

3&4 Step left ¼ turn left, step right next to left, step left ¼ turn left

5 Raise up on the ball of the left foot and bring the right hip up raising the right leg off the floor 6 step right forward

7&8 Step left forward, lock right behind left, step left forward

Option:

5-6-7&8 Right kick, step forward right, run forward left, right, left

REPEAT