

HOT STRONG AND SWEET

LINEDANCE.COM

Count: — Wall: — Level: —

Choreographer: Linda Hegarty

Music: Coffee by Supersister

Sequence: A A A B B A A B B C A B B

PART A

WALK RIGHT, WALK LEFT, CHASSE RIGHT-LEFT-RIGHT, MAMBO FORWARD LEFT, MAMBO BACK RIGHT ½ TURN

- 1-2 Walk right forward, walk left forward
- 3&4 Chasse forward stepping right-left-right
- 5&6 Rock left forward, recover onto right, step left beside right
- 7&8 Rock right forward, recover onto left, step right beside left turning ½ turn over left shoulder

LEFT HEEL LOCK AND, RIGHT HEEL LOCK AND, LEFT HEEL, RIGHT HEEL, LEFT TOUCH, RIGHT TOUCH

- 9-10& Step left heel diagonally forward, lock right behind left, step left beside right
- 11-12& Step right heel diagonally forward, lock left behind right, step right beside left
- 13&14& Step left heel forward, step left beside right, step right heel forward, step right beside left
- 15&16 Touch left toe beside right, step left beside right, touch right toe beside left

CHASSE RIGHT, CHASSE LEFT, SKATE RIGHT-LEFT-RIGHT-LEFT

- 17&18 Chasse right stepping right-left-right
- 19&20 Chasse left stepping left-right-left
- 21-22 Skate right forward, skate left forward
- 23-24 Skate right forward, skate left forward

While doing steps 21-24 (the 4 skates) you could as an option do your hands like the night fever thing!

HIPS UP AND DOWN AND BUMP AND BUMP, BACK ROCK LEFT ¾ TRIPLE TURN

- 25&26 Bump hips right up and down

- &27&28** Bump left right left right
29-30 Rock back left, recover onto right
31&32 Triple $\frac{3}{4}$ turn over right shoulder stepping left-right-left

PART B

RIGHT KICK BALL ROCK AND TOUCH AND TOUCH AND, LEFT KICK BALL ROCK AND TOUCH AND TOUCH

- 1&2&** Kick right forward, step right beside left, rock left to left side, recover onto right
3&4& Touch left beside right, step left beside right, touch right beside left, step right beside left
5&6& Kick left forward, step left beside right, rock right to right side, recover onto left
7&8 Touch right beside left, step right beside left, touch left beside right

OUT OUT (WITH SLAP) AND TOUCH (WITH ARMS) AND TOUCH AND TOUCH AND TOUCH AND TOUCH

- &9-10** Step out left, right (slapping both arms on your hips or wherever you like) hold
&11-12 Step right beside left and touch left beside right hold (put your right arm up like a strongman as you touch left!)
&13&14 Touch right and touch left
&15&16 Touch right and touch left

CHASSE RIGHT FORWARD, CHASSE LEFT BACK, COASTER RIGHT, CHASSE LEFT FORWARD

- &17&18** Step left beside right and chasse forward stepping right-left-right
19&20 Chasse back stepping left-right-left
21&22 Coaster step back stepping right-left-right
23&24 Chasse forward stepping left-right-left

RIGHT HEEL, LEFT HEEL, STEP $\frac{1}{2}$ PIVOT, CROSS ROCK LEFT AND CROSS ROCK RIGHT

- 25&26** Step right heel forward, step right beside left, step left heel forward
&27&28 Step left beside right, step right forward and pivot $\frac{1}{2}$ turn over left shoulder
29-30& Cross right over left, rock left to left side, recover onto right
31-32& Cross left over right, rock right to right side, recover onto left

PART C

STEP RIGHT TOUCH BALL STEP TOUCH, STEP LEFT TOUCH BALL STEP TOUCH

- 1-2&** Step right diagonally forward, touch left behind right, step left back diagonally
- 3-4** Step right diagonally forward, touch left behind right
- 5-6&** Step left diagonally forward, touch right behind left, step right diagonally back
- 7-8** Step left diagonally forward, touch left behind right

RIGHT SIDE BACK ROCK, LEFT SIDE BACK ROCK, AND STEP PIVOT $\frac{1}{2}$, STEP PIVOT $\frac{1}{4}$

- 9-10&** Step right to right side, rock left behind right, recover onto right
- 11-12&** Step left to left side, rock right behind left, recover onto left
- 13-14** Step right forward, pivot $\frac{1}{2}$ turn over left shoulder
- 15-16** Step right forward, pivot $\frac{1}{4}$ turn over left shoulder

RIGHT CROSS ROCK AND, LEFT CROSS ROCK AND, SLOW BOX STEP

- 17-18&** Cross right over left, rock left to left side, recover onto right
- 19-20&** Cross left over right, rock right to right side, recover onto left
- 21-22** Cross right over left, step left back
- 23-24** Step right to right side, step left beside right

RIGHT CROSS ROCK AND, LEFT CROSS ROCK AND, CROSS UNWIND, AND HEEL BALL TOUCH

- 25-26&** Cross right over left, rock left to left side, recover onto right
- 27-28&** Cross left over right, rock right to right side, recover onto left
- 29-30** Cross right over left and unwind $\frac{3}{4}$ turn over left shoulder
- &31&32** Step right to right side, step left heel forward, step left beside right, touch right beside left

SIDE RIGHT TOUCH BALL STEP TOUCH, SIDE LEFT TOUCH BALL STEP TOUCH

- 33-34&** Step right to right side, touch left beside right, step left to left side
- 35-36** Step right to right side, touch left beside right
- 37-38&** Step left to left side, touch right beside left, step right to right side
- 39&40** Step left to left side, touch left beside right

SIDE RIGHT BACK ROCK, SIDE LEFT BACK ROCK WALK RIGHT WALK LEFT CHASSE RIGHT-LEFT-RIGHT

- 41-42&** Step right to right side, rock left behind right, recover onto right
- 43-44&** Step left to left side, rock right behind left, recover onto left
- 45-46** Walk right forward, walk left forward
- 47&48** Chasse forward right-left-right

ROCK LEFT FORWARD, CHASSE BACK LEFT-RIGHT-LEFT, RIGHT BACK ROCK, CHASSE SIDE RIGHT-LEFT-RIGHT

- 49-50** Rock forward left, recover onto right
- 51&52** Chasse back stepping left-right-left
- 53-54** Rock right back, recover onto left
- 55&56** Chasse to right side stepping right-left-right

AND POINT RIGHT, CROSS RIGHT, POINT LEFT, TOUCH AND, TOUCH, HOLD HOLD HOLD

- &57-58** Step left beside right, point right to right side, cross right over left
- 59-60** Point left to left side, touch left beside right
- &61** Step left beside right, touch right beside left
- 62-64** Hold