

PHD (PRETTY HARD DANCE)

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Count: 80

Wall: 4

Level: advanced

Choreographer: David J. McDonagh

Music: Fever by Jeff Moore

JUMPING HEEL JACKS, $\frac{3}{4}$ JUMP SPINS ON THE SPOT, SLIDE, HANDS

- 1 Jump back on right to right diagonal tapping left heel forward to left diagonal (facing 11:00)
& Jump both feet back to center
2 Jump back on right to left diagonal tapping left heel forward to right diagonal (facing 1:00)
3&4 On the spot jump both feet together 3 times turning $\frac{3}{4}$ turn left

Hands: 3&4, raise both hands above head in a relaxed position

- 5-6 Big slide left to left side, sliding right together

Hands: 5-6, left elbow up with left hand touching left shoulder and fist clenched with right arm straight out down to right diagonal and fist clenched

Your arms are now in a straight line down to right diagonal, and your head is glancing down

- 7 Right hand touches left shoulder, left hand touches right shoulder (left 'x' over right)
& Slide right hand to right shoulder, left hand to left shoulder
8 Drop both hands down to sides (tilting your head down)
& Raise head back to normal position

SWIVELS, LEFT BACK LOCK STEP, 1 & $\frac{1}{2}$ TRIPLE TURN, $\frac{1}{4}$ TURN, FULL UNWIND

- 1 Swivel heels $\frac{1}{4}$ turn left (you're facing back wall)
2 Swivel heels $\frac{1}{2}$ turn right (you're facing front wall)
3&4 Step left back, cross-step right over left, step left back
5&6 Turn 1 & $\frac{1}{2}$ turns right towards back wall (6:00) stepping: right, left, right

&7-8 $\frac{1}{4}$ turn right stepping left to left side, cross-step right behind left, unwind a full turn

INVERSE ARM SNAKE ROLLS, OUTWARDS ARM SNAKE ROLLS

- 1 Left arm snake roll to the right
2-4 Three right arm snake rolls to the left while slowly turning $\frac{1}{4}$ turn left on the spot

5-8, is a complete arm snake roll from right hand across the body ending at left hand

5&6 Right arm snake roll to the right (right to left) (finger tips / elbow / shoulder)

7&8 Left arm snake roll to the left (right to left) (shoulder / elbow / finger tips)

ARM SNAKE ROLL INTO A BODY ROLL DOWN (KNEE POPS) BODY ROLL UP

1-6, is a arm snake roll into a body roll down then up again

1&2 Left arm snake roll to the left (left to right) (finger tips / elbow / shoulder)

3& Body roll downwards (shoulders / chest / stomach / knees)

4 From the body roll you've ended at your knees, so, swiveling on both toes pop both knees in

5 Swiveling on both toes pop both knees out

&6 Body roll upwards (knees / stomach / chest / shoulders)

7&8 On ball of left foot spin 1 & $\frac{1}{4}$ turns left hooking right behind left knee

You've ended up facing the right wall from the front (3:00)

MASHED POTATO'S TRAVELING LEFT, SCOOT $\frac{1}{2}$ TURNS

1 Cross-step right over left on your toes swiveling both heels in

& Swivel both heels apart

2 Step left to left side on your toes swiveling both heels in

& Swivel both heels apart

Hands: 1, raise both arms up to head level (so shoulders/elbows are horizontal, elbows/hands are vertical) keep hands in this position throughout counts 1&2&

3 Cross-step right behind left on your toes swiveling both heels in

& Swivel both heels apart

4 Step left to left side on your toes swiveling both heels in

& Swivel both heels apart

Hands: 3, drop both arms up to stomach level (so shoulders/elbows are horizontal, elbows/hands are vertical) keep hands in this position throughout counts 3&4&

5 Scoot back on left touching right toe back and leaning body forward

6 Turn $\frac{1}{2}$ turn right (straightening body)

7-8 Repeat counts 5-6 (end facing 3:00 wall again)

"FEVER" HANDS, KICK & KICK & (WITH PUNCHES), HANDS: "EYES ROLL DOWN"

1 Point right hand up to right diagonal (leaning body right)

&2 Slide left beside right, step right to right side (leaning body left)

Also pointing right hand down to left diagonal

3&4 Repeat counts 1&2

5 Kick left forward to right diagonal (punching right hand forward to left diagonal)

& Keep right hand there while stepping left beside right with a $\frac{1}{4}$ turn left

Keep right hand there for the next count

6 Kick right forward to left diagonal (punching left hand forward to right diagonal)

Right arm is now on top of left crossed

& Step right beside left

7 Bring both hands up near both ears with palms facing forward

Right hand - right ear, left hand - left ear

&8 Roll both hands down to both sides

End facing front wall (12:00)

1-16 Repeat counts 33-48

End facing left wall from front (9:00)

KICK & DOWN &, $\frac{1}{4}$ KICK & DOWN &, HANDWORK

1& Kick right forward, step right beside left

2 Pop both knees out dropping head sideways down to right (facing forward)

& Straighten yourself up bringing both knees in and head straight

3& Kick left forward turning $\frac{1}{4}$ turn left, step left beside right

4 Pop both knees out dropping head sideways down to left (facing forward)

& Straighten yourself up bringing both knees in and head straight

5& Touch right hand to left shoulder, touch right hand to right shoulder

6 Make an arc downwards with your right hand ending to left shoulder

7&2X reversed right arm snake rolls to the right (elbow / wrist / finger tips)

8 Drop right arm down to right side

KICK-HITCH-CROSS, SHOULDER PULSES, DIAGONAL WALKS FORWARD, TRIPLE JUMP

1 Kick right to right side dropping right shoulder

& Hitch right knee raising right shoulder

2 Cross-step right over left dropping right shoulder

3& Raise right shoulder (drop left shoulder), drop right shoulder (raise left shoulder)

4 Raise right shoulder (drop left shoulder)

5 Step left forward to left diagonal with both hands on left hip

6 Step right forward to right diagonal with both hands on right hip

7&8 Jump 3 times on the spot turn $\frac{1}{4}$ turn left

Hands

7 Punch both arms forward (right over left)

& Bring both hands in towards chest

8 Roll both arms down so you end up as count (7) (cross arms punched)

REPEAT

RESTARTS:

During wall 5 only for "Fever" by "Jeff Moore", dance counts 1-64, then repeat 33-64. Repeat 33-48 once more and skip straight to count 65-80